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APRIL 2015
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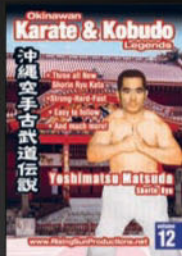
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沖繩空手古武道伝説



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Shorin Ryu



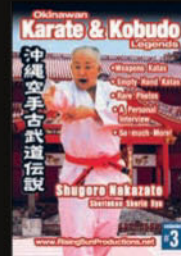
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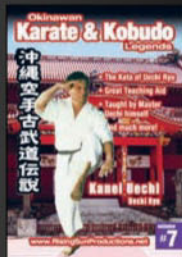
Karate Kobudo
Masters of the 1900s



Katsuya Miyahira:
Shidokan Shorin Ryu



Shuguro Nakazato:
Shorinkan Shorin Ryu



Kanei Uechi: Uechi Ryu



Tatsuo Shimabukuro:
Isshin Ryu



Shinpo Matayoshi
Kobudo



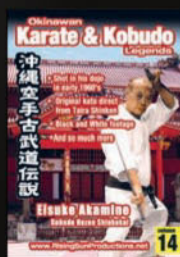
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Bo Jitsu



Shoshin Nagamine:
Matsubayashi Shorin Ryu



Chosin Chibana:
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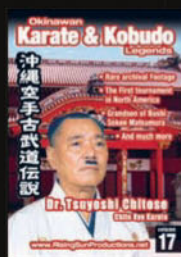
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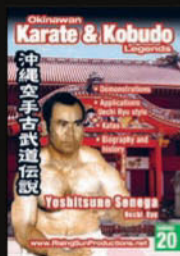
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Bunkai Master



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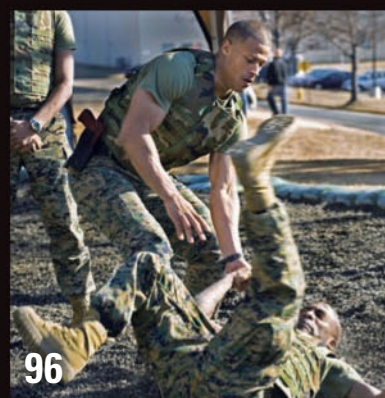
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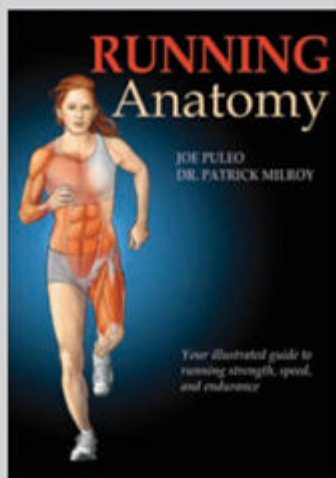
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EDITORIAL WITH SILVIO MORELLI



Rekindle the Fire

Sometimes even the keenest martial artist can hit a wall, stumble onto a plateau or find that their motivation to move forward is starting to wane. Ask yourself, why?

By the time you pick up this issue of *Blitz*, those of us behind the scenes will be just beginning to recover from the late nights organising the many Arnold Classic Martial Arts Festival events in what I am sure will have been the biggest thing to happen to the health and fitness industry here in Australia. It is certainly the biggest event that I've been involved in over the last 20 years, even with having promoted some of the biggest martial arts events in this country back in the day.

And I can tell you that I've been challenged to a whole new level and in so many ways over the last 10 months, dealing with the politics of sport, key figures and their personalities, logistical challenges...and the list goes on. I will also admit that there were moments when I struggled to stay cool and composed, and be diplomatic; to stay focused on the task at hand and not lose the plot at all and sundry. I also admit that I had moments when I tired and struggled to do what needed to be done, to fulfil my responsibilities and follow through with my promises to others.

From time to time, we all struggle with motivation. No matter how long you've been training or in business, it's something you'll come across many times in your life. It's something every person and every martial artist, regardless of their experience, can relate to.

You might be under a lot of pressure at work and not getting enough sleep (both terrible for your training progress, by the way; stress spikes cortisol in your body, the hormone that breaks down your muscle). Or it could be a plateau in your training that's making the daily trek to the dojo less attractive. Whatever your situation, there will come a time when your motivation wanes.

This is where it's important to vividly recall and recapture in your mind the reason *why* you are training — or doing whatever activity it is for which you've lost motivation — in the first place. What was the one thing that spurred you to set the goal that you did? See it in your mind's eye: imagine and see the finished product, the goal attained...

feel in your body and imagine vividly, with all of your senses, what it is like to finally arrive at that goal.

Reminding yourself of the 'why' and visualising the achievement of your goal will not only reset your motivation, it can turn it to overdrive when the going gets tough.

Daily visualisation of the attainment of your goals will keep that fire stoked in your belly. So whenever your motivation does slip and you have a momentary case of the 'can't be bothereds', ask yourself, 'Why?' Why did I set off on this path to begin with?

Having created a set plan beforehand is also an invaluable resource — it will help you stay on track and it's an easy thing to do. You check your phone and see your workout for the day. Check. You open your macros app and know how your nutrition is going. Check. This way, when your motivation is down, you remind yourself of the 'why' and just follow the action plan you set, using the tools that you have (hopefully) incorporated into your everyday habits.

A lack of motivation can also be a symptom of just needing to change things up. Perhaps a stint of heart-rate monitoring, as outlined in Matt Beecroft's 'The Burn' column this issue (page 60), is what you need to pep up your fitness training program. Or maybe you could bring a new challenge to your martial arts training by trying to incorporate into your combinations more of your style's less commonly used hand strikes (many of which likely originate from China's Shaolin Temple — see page 46 for the full story).

Whether you're looking for ways to stay motivated or just need a little inspiration, there's plenty in this issue of *Blitz* to remind you 'why'.



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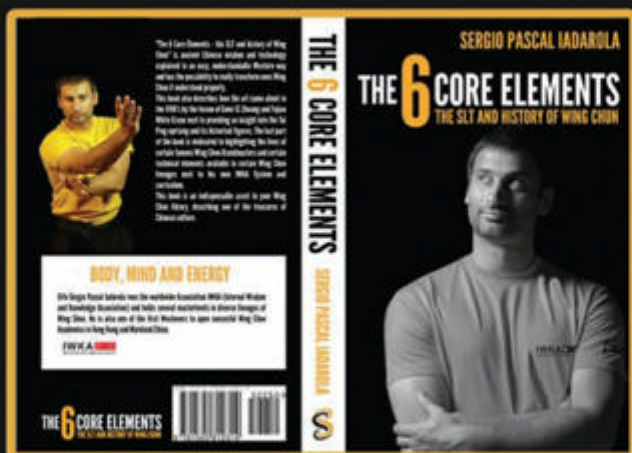
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NEWS & EVENTS

Aussie on top in self-defence

Eleven-time World Self Defence Champion and Sydney martial arts instructor John Gill has won two more international titles in Las Vegas, at the USA Winter Internationals run by the International Martial Arts Council (IMAC).

The 6th Dan hapkido Black-belt won both the self-defence division (which involves a choreographed scenario of applied self-defence moves) and, for the first time, entered the Korean forms division and won that as well. The titles mark Gill's 16th and 17th major tournament victory in the USA, including 11 world titles.

"I have been practising and filming so much for my self-defence and martial arts online system, I thought I'd enter the forms division as well as the self-defence division," explained Gill.

"I was really happy with my performance and very excited to win both, so I will enter both divisions again in the world championships in June."

Jim Chappel, a 4th Dan Black-belt and instructor at the Australian school of Self Defence at Chatswood, partnered Gill for the self-defence and also took third place in his individual weapons division.

Gill is also a five-time nominee for Australian of the Year for his contribution to women's and children's



John Gill (left) with Jim Chappel

safety, and is also an ambassador for the White Ribbon Foundation for the prevention of violence against women.

"I am pleased that Rosie Batty, also a campaigner to stop domestic violence, won the Australian of the Year," said Gill. "However, I'm disappointed that the Government has cut some funding to this important cause, which costs a woman's life every week."

"I will continue my campaign for Government and corporate support to make available a free four-week self-protection course for every woman and child in Australia."

Gill is also offering *Blitz* readers a free online lesson — check it out at www.selfdefenceaustralia.com.au

GRIFFITH LEARNS THE WAYS OF WING CHUN

Sifu Jack Leung, Chief Instructor of Practical Wing Chun Australia (QLD), recently helped establish Queensland's first University Wing Chun Club, at Griffith University in Brisbane.

"The aim of the club is to help promote Chinese culture, peace and harmony through kung fu training," said Leung. "Wing Chun improves physical fitness, body control and coordination. An important goal for the club is to help increase safety awareness in students, through the use of Wing Chun as self-defence in everyday life."

Classes will be held weekly at the Sport Fitness Centre located at Griffith University's Nathan Campus.

"Knowing is not enough, we must apply. Willing is not enough, we must do," Sifu Leung said, reciting one of his favourite quotes from Bruce Lee. "Knowing Wing Chun is not enough, we must apply and help pass down the art to our next generation — and uni students are our next generation."

Sifu Leung now teaches at four branches in Queensland. For more information on the Griffith Practical Wing Chun Club, visit www.practical-wingchun.com.au/griffith



Sifu Jack Leung (right) at Griffith Uni's sign-up day

ROGER GRACIE TO ATTEND JIU JITSU STATE CHAMPIONSHIPS

Perennial BJJ world champion Roger Gracie will attend the Victorian Jiu Jitsu State Championship, to be hosted at the Fitness and Health Expo in the Melbourne Convention and Exhibition Centre on 10–12 April. The event will be held in a purpose-built martial arts arena and run by the Australian Federation of Brazilian Jiu Jitsu (AFBJJ) — the local affiliate to the world body, the IBJJJ.

Up to 1000 grapplers are expected to compete in what is the longest running and fastest growing jiu-jitsu event in Australia, first staged in 1995.

Roger Gracie is the grandson of Carlos Gracie, who is credited with being one of the primary developers of modern Brazilian jiu-jitsu. Roger is the founder and head instructor at the Roger Gracie Academy in London, England and having won an impressive list of world championship titles, is accepted as one of the greatest modern BJJ practitioners of all time.

National President of the Australian Federation

of Brazilian Jiu Jitsu Peter de Been said that the sport is still growing incredibly fast in Australia, with more than 15,000 people now estimated to be practising the sport in the country.

"The AFBJJ now has over 7000 members, having quickly grown since our certification program was introduced in 2013," he said.

The categories to be contested will include:

- Junior: All weights from 4 years to 15 years old, all in gi divisions only
- Juvenile: All weights for 16-to-17-year-olds, in both gi and no gi divisions
- Adult Female and Male: All weights in all Novice, Blue-belt, Purple-belt, Brown-belt and Black-belt
- Male Master 1 (30–35), Master 2 (35–40), Master 3 (40–45), Master 4 (45–50), Master 5 (50–55), Master 6 (55–60): All weights, in Novice and all belt divisions.



LIFTING THE VALE

Experienced martial artists Mark and Anne Saloyedoff have opened The Vale Studio, a purpose-built training facility for the practice of martial art, yoga and tai chi, at the gateway to the Southern Highlands in Sydney.

The couple have been active in the Eastern arts for more than 30 years, with Mark training in Wado Ryu Higashi karate under 7th Dan Sensei Peter Whitney to a Black-belt level in the UK.

At the same time, Anne was certified as a WUKO timekeeper and scorer, officiating at many national and international tournaments.

"Training in the countryside has always been a major part of my training," said Mark.

"I believe that this gave me an edge in competition and generally made my technique more robust and adaptable. We aim for our clients to attain this edge while enjoying the exhilaration of training in a natural environment."

Opening in December last year, the boutique and specialist venue caters for instructors with classes of up to 20 students, private groups and corporate events.

"It's early days, but we are very encouraged by the positive feedback, especially from our first clients, who have all said that they would return and spread the word through their circles," said Mark. "The Vale Studio calls on you to leave the urban behind for a while and train in the elements; to suck in clean air while you test your form and resolve against rugged terrain and what nature has to throw at you."

The retreat also incorporates a highly appointed martial arts studio with sprung bamboo floors, tournament-specification matting and Australian-made impact equipment — and for when the hard training is over, massage, reflexology treatments and an infrared sauna are also on offer.

(For more information on The Vale Studio retreat and martial arts camp bookings, visit thevalestudio.com.au)

SPORTS KARATE AND KICKBOXING GREATS TOUR AUSTRALIA

Raymond Daniels and Ryan Huntley, two of the world's best sport karate and kickboxing competitors, visited Australia for a national seminar tour during February and March.

Daniels, a current GLORY kickboxer, and special guest Huntley, both based out of California, USA, have countless titles to their names including WAKO World Championships, NASKA World Championships and National Black-belt League Super Grands World Games. The pair spent three weeks across Australia's East Coast dedicated to taking Australia's competitors to the world stage.

In New South Wales seminars were held at Martial Energy Australia, Australia's Youth Self-Defence Karate and UTF Black Belt School. Victoria hosted seminars at Kimekai MMA and Kobudo Kai Martial Arts, while Queensland seminars were held at Red Dragon Martial Arts.

"The seminars covered a diverse combination of sport karate content dynamically integrated with full contact kickboxing manoeuvres," said Luke Hatty, a representative for the WAKO Youth Leadership Committee of Victoria.

"It was fascinating to see the different styles become blurred and the effectiveness of the results. The feedback has been outstanding from kids, parents, current competitors and ex-competitors alike; with an injection of motivation and fresh inspiration, everybody has left the seminars buzzing with excitement."

[Keep an eye out for our exclusive interview and feature article with Raymond Daniels in the next edition of Blitz. — Ed]



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NEWS & EVENTS

UFC ON THE HUNT IN ADELAIDE

With a Melbourne UFC event only just announced for November, following the lifting off Victoria's cage ban, South Australia will host its first ever UFC, with Hunt vs Miocic to headline at the Adelaide Entertainment Centre on 10 May.

Mark Hunt will take on Stipe Miocic in the main event of the evening, but a host of other Aussie favourites will be fighting throughout the card.

Robert Whittaker will look to extend his winning streak in the UFC to three when he faces Brad Tavares. UFC veteran Anthony Perosh will continue to push his 42-year-old body against Sean O'Connell, while young gun Jake Matthews will try to stay undefeated when he meets

James Vick.

The Aussie girls will get their shot on home soil too, with new UFC women's strawweight additions Bec Rawlings and Alex Chambers to have their first official UFC fights.

The full card for UFC Fight Night: Miocic vs Hunt will be:

- Mark Hunt vs Stipe Miocic
- Robert Whittaker vs Brad Tavares
- Anthony Perosh vs Sean O'Connell
- Jake Matthews vs James Vick
- Bec Rawlings vs Seo Hee Ham
- Dylan Andrews vs Brad Scott
- Alex Chambers vs Kailin Curran
- Vik Grujic vs Brendan O'Reily
- Hatsu Hioki vs Dan Hooker



Mark Hunt elbows 'Bigfoot' Silva in Brisbane, 2013

Martial arts events calendar

LEGEND

■ AKKA ■ AFBJJ ■ AKF ■ TA ■ ASF

APRIL

26th – VKKA Knockdown camp
10th–12th – 2015 Victorian Championship
18th – Triple Bull VII
19th – South Pacific Championship
26th – Sydney Cup
10th – Australian Open Karate Championships

For more information on 2015 events and their respective organising bodies, visit the following websites:

Australian Kyokushin Karate Association (AKKA) – www.akka.com.au
Australian Federation of Brazilian Jiu Jitsu (AFBJJ) – www.afbjj.com
Taekwondo Australia (TA) – www.taekwondoaustralia.org.au
Australian Karate Federation (AKF) – www.akf.com.au
Arnold Sports Festival (ASF) – www.aca2015.com.au



OKINAWA KARATE'S VALENTINE

Valentine's Day weekend, 14–15 February, saw four masters of traditional Okinawan karate-do conduct two two-hour training sessions each day in the Okinawan karate styles of Goju Ryu and Uechi Ryu, at the Roselea Community Centre in Sydney.

The masters were Tsutomu Nakahodo Hanshi, 10th Dan Uechi Ryu/Shohei Ryu, Masaaki Ukemiyagi Hanshi, 9th Dan Ikemiyagi Goju Ryu Meibukan, Narihiro Shinjo Kyoshi, 7th Dan Uechi Ryu Kenyukai, and Masakazu Kuramoto Kyoshi, 6th Dan Goju Ryu.

Training consisted of *hojo undo* (conditioning), *kihon* (fundamentals), self-defence and kata from both styles. The seminar concluded with each master performing a kata. Shinjo

sensei closed the seminar with a tameshiwari demonstration breaking two wooden stakes with his shin and a baseball bat with his forearm.

The event was hosted by Kancho Johanes Wong of Ikemiyagi Goju Ryu Meibukan Karate-Do Australia on behalf of the Okinawa Prefectural Government and the Society for the Advancement of traditional Okinawa Karate.

Despite the event's hasty preparation, the seminar was filled to capacity, with 100 Australian karateka turning out — some travelling from SA, Vic, Qld and the ACT.

Accompanying the masters were two Okinawan prefecture government officials and an Okinawan media team, who captured the event on video.

MMA FIGHTER IN BIGGEST BATTLE OF HIS LIFE

Up-and-coming Australian MMA fighter Ben Quarmby was diagnosed with Merkel Cell Carcinoma in December of 2014, just a month after an impressive TKO victory in the cage.

The young man is already most of the way through his treatment and due to the nature of his cancer, doctors have pummelled him with every viable treatment.

He was recently admitted to hospital indefinitely due to the seriousness of the side effects of his chemotherapy and radiation therapy.

"As you can imagine, this has been an incredibly difficult time for our entire family and Ben has taken a battering both physically and emotionally," said Erin Quarmby, Ben's sister-in-law.

"Worth more than any money to Ben would be to see the support of the Australian MMA community. MMA is his life, his passion and his future!"

Support Quarmby at www.gofundme.com/benquarmby

Quarmby practising BJJ with his nephew



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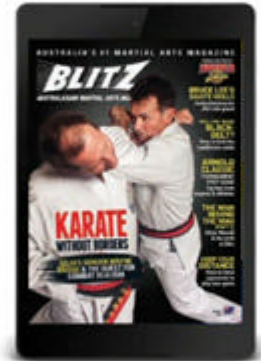
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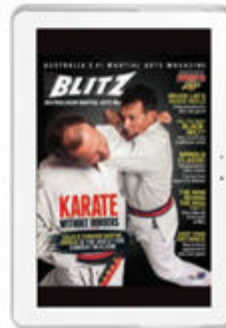
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NEWS & EVENTS

Filipino Kyusho GM teaches in cyclone

UK-based Grandmaster Angelo Baldissone made the long journey to Australia to hold a Filipino Kyusho Association (FKA) seminar at Shihan Martin Day's Combat Karate International School in Noosa on 21 February.

The 8th Dan Grandmaster is the founder and head of his worldwide organisation, FKA, with students in Germany, Belgium, Italy, USA and the UK.

"With over 40 students on his five-hour seminar at Noosa Leisure Centre, it promised to be an exciting day of training," said Shihan Day.

Despite tropical cyclone Marcia blowing into the Sunshine Coast, the seminar still went on with minor disruption.

"There were only four who could not attend due to their vehicle route to Noosa being flooded and

impassable," said Day.

"GM Angelo got into full swing right from the get-go and repeatedly emphasised the importance of the 300-plus principles that we need to know to improve our technique, ability and knowledge, no matter what system of training we practise."

The seminar focused on posture, footwork, elbow position (keeping it in) and moving the body as a unit, all linked to demonstrations of their self-defence applications.

According to Day, all techniques were shown with both attacker and defender in motion to "keep it real" and included, "Pressure points, takedowns, holds, locks, *chi* energy and arnis stick fighting drills, along with absorption, deflection... locks, striking, finger locks and takedowns."



GM Baldissone and Shihan Day (centre, in black, left and right) with the seminar group

From Airport West to Nafplio, Greece

Kassis Karate Academy in Airport West, Melbourne, have organised the first Greece International Mabuni Cup to be held in Greece on 17–21 June 2015.

"In a very beautiful and traditional place in Nafplio area, participants will have the opportunity to come in touch with the noble art of karate," said George Pelekis of the organising committee.

The training will be conducted by the World Karate Federation's coaching elite, including Antonio Oliva (international kumite coach), Masae Sonoyama (international kata coach) and Kiyoo Shimizu (women's world kata champion), while referee training will be conducted by Referee Commission members Javier Escalante and Con Kassis.

"Also, we will have the pleasure in hosting Kenyu Mabuni, Shito-ryu's Vice Soke, grandson to the founder of the Shito style, Kenwa Mabuni, and technical director for this event," says Pelekis.

"With a program full of activities, you will be able to join in the magical world of karate, relaxing by the sea while getting to know the Greek culture.

"During these five days you will have the pleasure to browse in ancient and tourist sites, taste the Greek cuisine, enjoy all the amenities of the hotel, such as the large swimming pool and the massage room, while you participate in some world-class training. The training will be completed with the opening of the championship and the festive events of Sunday night."

The event, including training and the championships, are open to all styles connected with the World Karate Federation and not limited only to Shito-ryu schools. The event is also endorsed by the WKF.



AUSSIE BJJ TEEN BRINGS HOME SILVER FROM USA

Cooper Burnham, a 14-year-old BJJ fighter, snared himself a silver medal at the BJJ Kids Pan Ams in Los Angeles, USA on 15 February.

Burnham became the first junior fighter from the region to medal at an international competition, competing in the 15-year-old heavyweight division at the biggest children's BJJ competition in the world.

"I thought the level would be pretty high and I wasn't disappointed," said Burnham.

"Their skill level was pretty freakish, but it was also good to be able to measure myself against them, so getting a silver medal was something I am extremely proud of.

"Albert Raez, who I fought for the gold, was an unbelievably skilled fighter and he was part

of probably the best Jiu Jitsu School in the World — Team Atos."

Burnham decided to take the trip to the US off the back of a very strong 2014 that saw him claim titles across Australia, winning the Victorian, New South Wales, South Australian and Tasmanian state titles, along with his second Australian title and the Pan Pacific Championship title.

"I really wanted to challenge myself against the best in the world, so my dad did a heap of fundraising and I ended up at the Pan American Titles," said Burnham.

Burnham has future plans to compete in the US, but still has some funds to raise before he can head back.

"Hopefully if we can keep fundraising I will head back over to the world titles in July," said Burnham.

"But as for this past trip, I'd like to thank my coach, Mick Moloney of Mildura Martial Arts, and all my training partners, as without them I wouldn't be where I am today.

"Also thanks to The Gi Factory for their ongoing support, and, most of all, my Dad — without all his fundraising efforts I wouldn't have gone anywhere!"



Burnham (left) with his silver medal

NORTH LAKES COACH PICKS AUSSIE TEAM FOR THE UK

Jeffrey Bullock, a martial arts coach in North Lakes, Queensland, has been chosen to select a team to compete at the World Martial Arts Organisation Championships, in Rugby, England during October this year.

Bullock, the head coach and owner of Elite Martial Arts gym, and said he is honoured and humbled to be given such a responsibility.

"I'm looking forward to taking Australia's best of the best to the UK to show the world what we have got," he said.

The championships will consist of karate kata point fighting and K-1-style fights, which incorporate muay Thai and MMA styles of kickboxing.

The Australian National Championships will be held at the end of June at a venue in North Lakes.

Bullock, a former British and European Thai/kickboxing champion said, "We are very excited about this opportunity and are currently looking for venues and local businesses that would be prepared to sponsor this event, which will put North Lakes and Brisbane on the world map."

Any clubs locally or interstate that wish to participate in the competition can contact Bullock on 0430 834 953 or via email to elitemma@outlook.com.au



MACO PHOTOGRAPHY.

The Initiator Crown

Events BJJ held their first Brazilian jiu-jitsu competition for 2015, The Initiator Crown, on 25 January at the Ryde Aquatic Leisure Centre in Sydney. It was the first BJJ comp of the AFBJJ's 2015 competition calendar where competitors can score ranking points.

The Australia Day public holiday weekend didn't keep anyone away, as 300 competitors from 30 BJJ academies competed in gi and no-gi divisions. The day started off with the kids in gi and no-gi, followed by White-belt adults and masters in gi, the coloured-belts gi divisions and finally the no-gi adult and masters divisions.

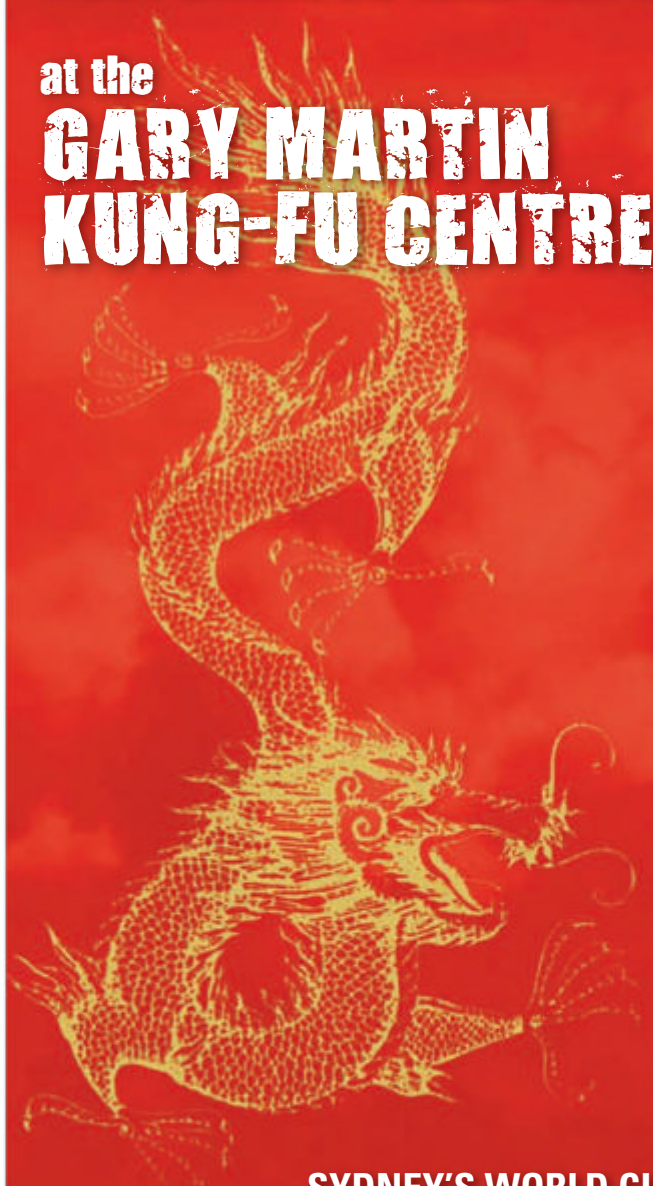
Standouts on the day were Paul Stolyar from Southside MMA Academy, who won both the gi and no-gi Open Black-belt divisions. Reid Reale from De Been 100% Jiu Jitsu won both his weight and the Open division in Brown-belt No-gi, while Sami-Nizar Baki from Gracie Humaita won the Open Purple-belt Gi division and Steve Rudic from Will-Machado won his weight and the Open Blue-belt divisions.

Events BJJ have their next competition on the Anzac Day weekend, 26 April. For more information, visit www.eventsbjj.com

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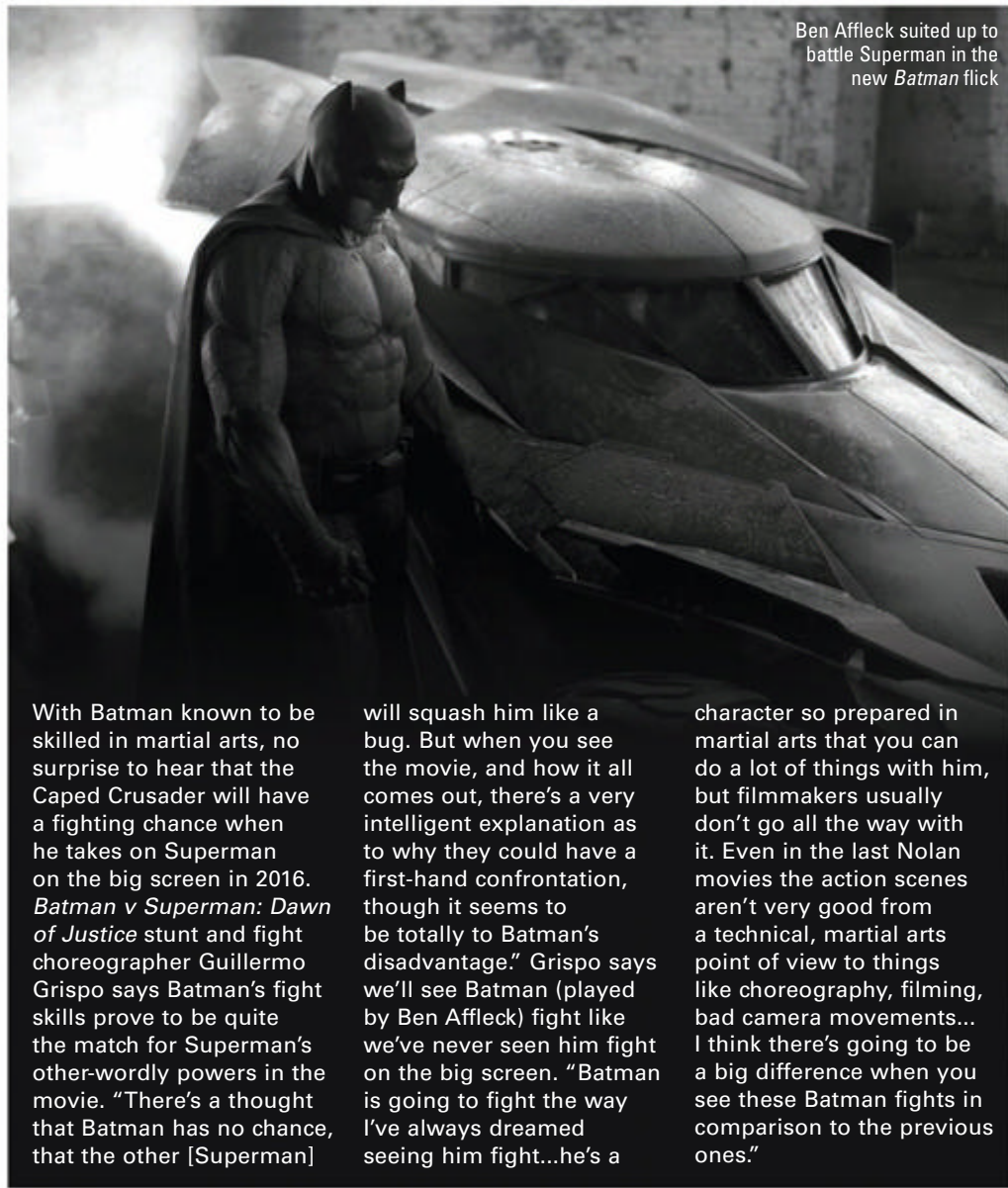


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MARTIAL MOVIES WITH CLINT MORRIS

Superman's enemy is martial arts?



Ben Affleck suited up to battle Superman in the new *Batman* flick

With Batman known to be skilled in martial arts, no surprise to hear that the Caped Crusader will have a fighting chance when he takes on Superman on the big screen in 2016. *Batman v Superman: Dawn of Justice* stunt and fight choreographer Guillermo Grispo says Batman's fight skills prove to be quite the match for Superman's other-worldly powers in the movie. "There's a thought that Batman has no chance, that the other [Superman]

will squash him like a bug. But when you see the movie, and how it all comes out, there's a very intelligent explanation as to why they could have a first-hand confrontation, though it seems to be totally to Batman's disadvantage." Grispo says we'll see Batman (played by Ben Affleck) fight like we've never seen him fight on the big screen. "Batman is going to fight the way I've always dreamed seeing him fight...he's a

character so prepared in martial arts that you can do a lot of things with him, but filmmakers usually don't go all the way with it. Even in the last Nolan movies the action scenes aren't very good from a technical, martial arts point of view to things like choreography, filming, bad camera movements... I think there's going to be a big difference when you see these Batman fights in comparison to the previous ones."

Rothrock—Wilson reunion has kick

The Martial Arts Kid, an upcoming biff flick reuniting action greats Cynthia Rothrock and Don 'The Dragon' Wilson, is in the can. A recent test screening for the film reportedly went down like a house on fire, with audiences praising the film's mix of action, adventure and messages. "Jansen Panettiere plays the title role, a kid who is mentored by his uncle and aunt (Wilson, Rothrock) in martial arts. Ripping a page from *The Karate Kid*, the film sees the youngster having to defend himself against a female friend's boyfriend, played by Matthew Ziff. There's reportedly about a dozen grandmasters and martial-arts experts in the film.



GEELONG FILMMAKER SELLS NINJA MOVIE TO US

Australian martial-arts movie *The Ninja: Immovable Heart* — released in theatres last year locally — gets a US release in March. Though the film features some authentic martial arts action scenes, director and star Rob Baard recently told overseas press that he sees the film less a martial arts movie and more a comic book movie like *Batman*. "This film is more a superhero film that would be considered a martial arts film. Just as *Ninja Turtles* is not a martial arts film and *Batman* is not a film about bats," he said.

The film is rumoured for a release on DVD locally around Easter.



THERE CAN BE ONLY...TWO

Dave Bautista will play the villain in a remake of '80s classic *Highlander*. The *Guardians of the Galaxy* actor plays The Kurgan, the role Clancy Brown played in the original. Cedric Nicolas-Troyan directs the new film, which will again tell of an immortal Scot travelling through time. The role of Connor MacLeod remains uncast. Bautista is fresh from *Kickboxer: Vengeance*, in which he played another iconic villain, Tong Po.



Bautista in *Guardians of the Galaxy*

Gina swims in Deadpool

MMA superstar Gina Carano (who has been filming the *Kickboxer* remake with Dave Bautista and Jean-Claude Van Damme) has joined the cast of the comic book movie *Deadpool*. Carano, whose other film credits include *Fast & Furious 6* and *In the Blood*, will play Angel Dust, a mutant who can instantly up her adrenaline levels, giving her super strength. *Deadpool* stars Ryan Reynolds in the title role of Wade Wilson, nicknamed 'the merc with a mouth'.



Gina Carano looking... well, red hot

TURTEлтаUB IN A RUSH, BUT WAYANS ISN'T

Jon Turteltaub (*National Treasure*) will direct the pilot for the *Rush Hour* TV series. The series will tell the same account as the *Rush Hour* movies, albeit with different actors in the roles played by Jackie Chan and Chris Tucker. Damon Wayans Jr was offered the Tucker role on the show but passed.

Darren Shahlavi in action



KOMBAT VET DIES

Darren Shahlavi, best known for his work in the *Mortal Kombat: Legacy* series, has died. It's believed the 42-year-old British actor succumbed to an overdose of prescription drugs. Shahlavi got his start in acting in Hong Kong in the '90s before gaining employment stateside (appearing in various films and television shows, including *Intelligence* and *Bionic Woman*). The actor has two movies still due for release.

CLINT'S PICS

AT THE CINEMA: *Avengers: Age of Ultron*

AT THE DVD STORE: *The Scorpion King 4: Quest for Power*

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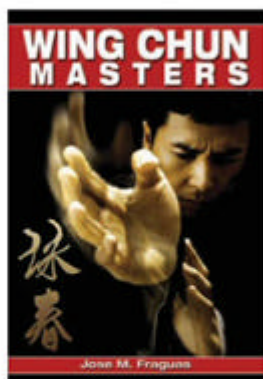
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MARTIAL ARTS GEAR



BOOK: WING CHUN MASTERS

In *Wing Chun Masters*, author Jose M Fraguas presents conversations with many important figures from the modern era of Wing Chun kung fu, including the sons of famous Grandmaster Yip Man — Yip Ching and Yip Chun — and his other top disciples including Wong Shun Leung, William Cheung, Victor Kan and Leung Ting.

A unique collection full of interesting information for Wing Chun practitioners of every lineage, this book contains interviews that have never before been published and features a host of the world's top 'second-generation' masters including Keith R Kernspecht, Augustine Fong, Samuel Kwok, Francis Fong, Jim Lau, Gary Lam, Stephen Chan, Gordon Lu, Robert Chu, Tony Massengill, Randy Williams and legendary fighter Emin Boztepe, among other notables.

Australia's own David Peterson and the late Grandmaster Jim Fung are also among those who give their thoughts on the world's most popular Chinese fighting art, its philosophy and its principles.

Packed with dynamic photographs, this historically significant volume covers every facet of the practice and spirit of the style and is filled with deep insights, fascinating personal details, hidden histories and inspiring philosophies — a must for the Wing Chun aficionado.

Price: \$39.95

Supplier: www.blitzmag.net

MATA LEAO SIGNATURE HOODIE

This Signature model hoodie from Brazilian fightwear brand Mata Leao is made from soft 100 per cent cotton in heat-set colours and screen printed with the brand's signature lion logo in water-based, nontoxic inks.

Sporting a snug, fitted shape for the athletic wearer, Mata Leao's hoodies are available in four standard sizes: small, medium, large and XL.

Price: \$89.95

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DVD: BLACK BELT'S FULL-CONTACT KARATE

This two-DVD set features full-contact karate fighter Kenji Yamaki, known for his stellar efforts in Kyokushin karate's feared 100-man kumite.

The art's ultimate test of stamina, spirit and skill, a 100-man fight session sees the contestant attempt to fight 100 consecutive 90-second rounds against a team of seasoned Black-belt fighters, who take turns at fighting the contestant, to ensure he faces a fresh fighter every round after only 30 seconds rest in between. One of less than 20 people worldwide to complete this brutal challenge, Yamaki won 83 of his 100

fight — one of the reasons he was chosen by *Black Belt* to teach 'Advanced Sparring Techniques' and 'Hardcore Physical Conditioning' lessons on these DVDs.

A valuable resource for both budding and seasoned karate fighters — of the bare-knuckle Kyokushin style or otherwise — the DVDs cover a host of drills for both countering and attacking, improving all kicks (in particular, off the front leg), feinting, evasive footwork and counters, double attacks and much more.

Price: \$69.95

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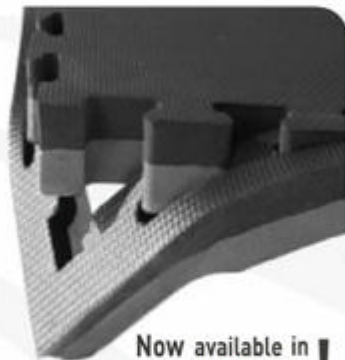
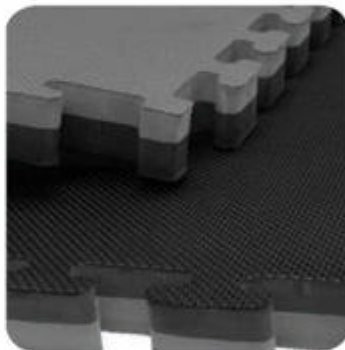
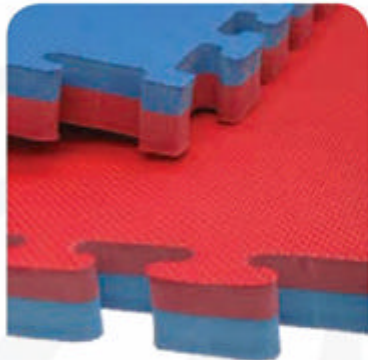
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5 MINUTES WITH NIGEL MAY



Building the Pathway

It's often taken for granted by martial arts students that their teacher has a sound lineage and certification to teach their particular style. The reality, though, is that some students are misled in these matters and face a tough decision about their martial arts future. Master Nigel May is one man who found himself in such a position, but in seeking his truth he helped build some of the strongest links between Korean martial arts and Australia. *Blitz* spoke to May about his martial arts journey and the legacy he hopes to leave here in Australia.

INTERVIEW BY ZACH BROADHURST

How did you first get started in martial arts?

It was back in the late '80s/early '90s in central Victoria — I started with kempo and taekwondo. I stuck with taekwondo because I had a back injury — don't ask me why I did that (*laughs*), but at the time it probably helped me physically.

You trained in a number of styles, but settled in hapkido. What was it about that style that made you stay?

I crossed over to hapkido pretty soon after I got my 1st Dan in taekwondo, because I was really looking for some self-defence in martial arts. Taekwondo is a wonderful sport, but I felt as though I needed a little bit more to it.

I did a bit of boxing, Wing Chun and a few other things and I soon realised hapkido is all-encompassing; it's a very broad style of self-defence and once I got a feel for it, I stuck with it.

You've achieved several ranks throughout your martial arts career; can you run us through them?

I'm a 7th Dan International Hosinsul Federation Australian representative, a 6th Dan Hapkido Sung Moo Kwan Korea Kido Hae Australian representative and a 6th Dan TukGong Musul Australian representative.

How did you start training in Malaysia?

I left associations with Australian masters because I felt deep down that I needed to do some personal exploring. My school was quite established at that point in time, so I joined a couple of international associations, just to give them a pathway for certification — because students want that.

In that process I realised that what was out there wasn't really the truth and a true



Nigel May working some hapkido knife disarms

certification in martial arts. That led me in 2008 to form a relationship with Grandmaster Lim. What he educated me on was that with Korean martial arts and hapkido, there is really only three true certifications that come directly from the Republic of Korea: the Korea Hapkido Federation, the Korea Kido Hae and the International Hapkido Federation, which is commonly recognised as Hankido. So, the KHF and Kido Hae was what was left.

In 2008 I joined Grandmaster Lim. I was certified under him and then really the pathways for our students started to get set.

I trained with him last year in Malaysia as well and we went to Korea at Christmas of 2013, which is where we trained at the Kido Hae and I was recognised for my 6th Dan. As far as Australia is concerned, Kido Hae is well established now because of the hard work of Grandmaster Lim and myself.

You also got to experience some Malaysian Special Forces training while you were there.

Yeah, I had an awesome experience at the TukGong Musul, which is a Special Forces academy and just to train there as a civilian was a big honour. Grandmaster Lim is also a lieutenant colonel in the Malaysian army, hence he had ranking. I was assessed there by those guys and formed a really good relationship and then was granted the opportunity to represent TukGong in Australia.

How does that Special Forces training differ from the regular training you were doing at the time?

Another grandmaster, Lim Ung Hwan, heads TukGong and he's a very open-minded man. His base arts were taekwondo and hapkido, but he just explores every art. They'd often use a lot of hand techniques from the striking

arts like boxing and muay Thai. They play a lot with BJJ as far as the concept and base self-defence survival skills, and then add and make techniques work within the Special Forces art of TukGong.

It was daunting when I first walked in there, because it was just a bunch of military guys. But it's quite an honour to be part of that, because I'm a civilian; I've never served in any sort of military format, but under the guise of Grandmaster Lim I could do that.

How did you come to train under Grandmaster Lim?

Politically I can't really say, because it was through an association that was completely misrepresenting Korean martial arts across the world. He basically warned me about this particular association, but fortunately through that our relationship developed — I was able to meet a very honourable man and very talented martial artists.

What was it about Grandmaster Lim that drew you in?

From around 2003 to 2008 I was sort of on a mission of exploration, because I really had this burning desire to seek out what really works in self-defence. Regardless of what style you do, I think it's your personal responsibility to seek the truth and seek what works for the environment here and now, as opposed to when a particular style was developed 100 years ago.

Grandmaster Lim always put himself out there as a technician; he really put himself forward and made his art work. He has a very dynamic and different approach to martial arts and hapkido.

You have also worked in law enforcement and the security industry at one of the Youth Justice residential units. What does that involve?

Yeah, that was with young guys who are in a survival

The Master's Tip

What advice would you give to someone who feels that the place they learn martial arts may be misinforming them, or misinformed themselves?

I think the important thing is to ask the question of certification. Not everyone has to be related to a Korean art; however, a master must have received certification from somewhere at some point in time. So, even if their master has a Korean linkage, so to speak, that is going to give you an idea that this is real. When someone is baulking the issue then the question needs to be asked, "Is this what I need to be doing?"

At the end of the day it's the man or woman who's standing on the mat presenting themselves. If they do awesome technique and you're comfortable with that, then that's fine, stay with that. But if you have questions, you should seek out and look for answers.

That's a hard thing to do, to step away from any school or master, but sometimes things are presented and you have to do it. It happened to me and I went and looked for answers.



format/mode. They are sort of disconnected from their environment and they can be angry young dudes. You're not in there utilising your techniques on young kids; it's about practicality and common sense. It's not just about a technique in a self-defence situation, it's about the verbal confrontation and talking guys down, getting them to the stage where [they think] it wasn't such a smart move [to act aggressively].

So what sort of things do you have to do there?

It is a mentoring role. It was actually one of my students, a hapkido 2nd Dan, who around the GFC [global financial crisis] — when people were pretty tight with their business — said, "I think you'd be good in this role." So he got me the

position and I was thankful for it.

How did your martial arts background assist you in that work?

Look, you're not out there striking and hurting people, but I think it's the resilience in confrontation and areas where behaviours are escalating. There is obviously more training that goes with that, but I think it's mainly the resilience to confrontation.

You're a director of National Korea Martial Arts Australia. What does that role involve?

Well, it started in 1997 when I was doing hapkido and taekwondo with a small group. It sort of evolved over the years and now National Korea Martial Arts encompasses hosinsul, hapkido and TukGong Musul.



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5 MINUTES WITH NIGEL MAY

You've mentioned in the past that people are misinformed about the true lineage and certification of hapkido. What do you mean when you say that?

It's no disrespect; there are a lot of associations across the world, and independent associations have their place and should quite rightfully be there. But my own personal experience is that I found over the years I was misinformed by leading associations, who said they were directly linked to Korea when that was not necessarily the case.

The true associations of Korean hapkido are Kido Hae, the Korean Hapkido Federation, the International Hapkido Federation — which I'm part of — and the TukGong Musul.

How do you plan to make people more informed?

I've just turned 50, so I can't run six schools. So, I think what I envisage is schools becoming involved in the hosinsul and hapkido programs, which we can

encourage them to do and develop a career pathway for them within those arts.

It's really about developing people to take part in that and then their certification will be directly through Korea — It's a pathway that is sound and it will always be there.


How does that translate into your teachings at your dojangs?

Our art that we do is threefold; hosinsul is straight self-defence, hapkido is the art component and an extension of technique development and we teach a civilian program in TukGong, but essentially what we teach is real combative self-defence that will work in today's environment.

It does challenge a lot of people when we meet, but I teach in a real fun format and we quickly develop a good relationship, and have fun with what works and what's out there. We work with a person's art and build on what they already have — there are some very talented guys out there. ■



With a focus on upsetting balance and borrowing the opponent's force, hapkido involves many throws and sweeps



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In addition to teaching at his own dojo, Joe Thambu Shihan teaches his dynamic style of Aikido, Self Defence, and Restraint & Removal seminars both nationally and internationally at various martial arts schools which want to supplement their regular training. He also conducts corporate training in areas such as leadership and management and manages primary school, high school, university and holiday programs.

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FEET OF FURY

Jeet Kune Do & savate
master Salem Assli



Upon discovering the work of Bruce Lee, Frenchman Salem Assli went a few steps — and a long plane ride — further than most who caught ‘the Bruce Lee bug’: he travelled to America to train with the great Guro Dan Inosanto, the world’s top source of Lee’s teachings. Now a master of Lee’s art of Jeet Kune Do as well as kali and his country’s own martial arts of savate and *la canne* (the cane), Assli himself is internationally sought after for his skills. *Blitz* caught up with him during a recent visit Down Under.

STORY BY JARROD BOYLE | IMAGES BY CHARLIE SURIANO

Salem Assli is a vocational teacher of many martial arts. Ironically, he found his way to the art of his native country through an assiduous study of Jeet Kune Do, the martial art of Bruce Lee.

“I was born in Lille, France, and started to take up sport with football (soccer) and gymnastics, which I practised as a competition sport between the age of eight and 18 years old,” says Assli. “In 1974, I discovered, like many young adolescents of that time period, martial arts movies and particularly those of Bruce Lee.”

So impressed was Assli that he began studying a number of martial arts and practising in isolation until the age of 23, when he set out for the United States to study under Lee’s number-one disciple, Guro Dan Inosanto.

“Dan Inosanto is the head of the Jeet Kune Do clan and the only instructor in Jeet Kune Do certified by Bruce Lee. I ended up becoming the first and only French[man] to graduate and become a certified Full Instructor in both Jun Fan Gung Fu (Jeet Kune Do) and in the Filipino martial arts (kali-eskrima-silat), [graded] by the master himself.”

Assli broadened his martial horizons even further while in California, studying Thai boxing under the direction and encouragement of his mentor, Guro Inosanto.

“Upon my arrival in

California, I immediately trained in kali and JKD but also in Thai boxing with Guro Dan Inosanto and Master Chai Sirisute. Chai invited me to pass the instructor examination of the Thai Boxing Association of America, and in 1985 I became the first muay Thai instructor of the Inosanto International Instructors Association.”

Having mastered a number of offensive, kicking-based martial arts, Assli was then encouraged by Inosanto to study the martial arts native to his home country.

“Admiring the quality of my kicking techniques, Dan Inosanto pushed me to study the arts of my home country — boxe Francaise savate, the French art of foot fighting — in order for me to then teach it to the students of the Inosanto Academy.”

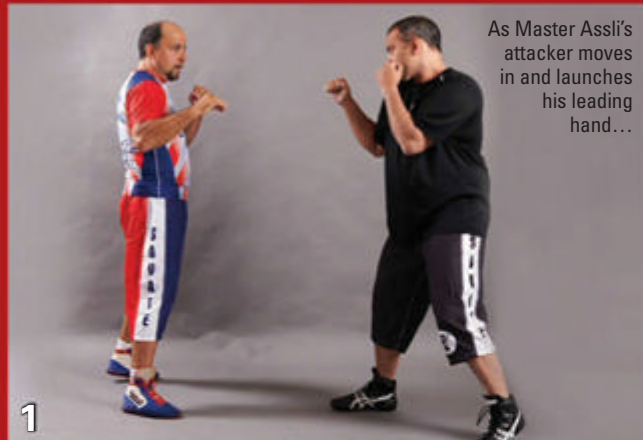
Assli’s beginnings as a self-taught martial artist served him well, given that he had to learn the art of savate from a book.

“I studied from an old book that Inosanto lent me, and came back from my first trip back to France with the diploma of Monitor and Silver Glove 1st Degree, delivered by no less than the national technical director, Mr Bob Alix.”

Assli distinguished himself among his peers, finishing first in a field of 50 students.

“The following year, I obtained in Los Angeles the prestigious diploma of

JKD/SAVATE VS JAB



As Master Assli’s attacker moves in and launches his leading hand...

1



2

...Assli angles off to the inside, bringing his shoulder forward and giving maximum reach to his finger jab to the eyes...



3

...then he delivers a follow-up *fouetté* (round kick), stabbing his foe in the sternum with the hard point of his shoe while staying out of range of the attacker’s rear hand.

Professeur of Boxe Francaise Savate as well as the Silver Glove 2nd Degree from the members of the French Elite Team, including Richard Sylla and Robert Paturel (both several times French and European Champions)."

Assli's experience of both muay Thai and savate has led him to a number of interesting conclusions regarding their separate kicking styles.

"Many savate practitioners, once they reached their goals, switch to kickboxing because that is where the money is," says Assli, "most of the time with a high success rate. Instead of confronting the other fighter the way he is expecting it, they

shoes, and depending on the fighter, it is possible as long as the BF savate practitioner stays out of reach and can stab the Thai fighter [with the push kick]. But if the Thai fighter does clinch and knee, the French boxer will be in trouble as it is not in his game. Now, if it is pure savate, the Thai fighter will have to watch for many vicious and dirty blows — the headbutt and the eye strikes would be some of them."

Savate, like Jeet Kune Do, is a highly effective system of self-defence. On that subject, Assli speaks plainly.

"Savate came from the streets, and served only one purpose: street fighting. Savate

in Paris, published in 1912, on the subject of street fighting, that I could relate to Bruce Lee and his Jeet Kune Do."

Assli's enthusiasm for the book soon gets the better of him.

"In this masterpiece, the author J Renaud, an expert in French boxing/savate, boxing, judo, jujitsu, and French cane

audited by the experience of those who constantly use them, and we are no longer talking here about graceful sports, but simple and pure defence."

Jeet Kune Do was an excellent primer for Assli's career in martial arts, given that both savate and Jeet Kune Do are fundamentally similar in their outlook.

"I came to train with Guro Inosanto to learn JKD and

"SAVATE CAME FROM THE STREETS, AND SERVED ONLY ONE PURPOSE: STREET FIGHTING. SAVATE IS EVERYTHING BUT A SPORT; THE FRENCH HOODLUMS, OR 'APACHES' AS THEY WERE CALLED, HAVE PROVEN ITS EFFICIENCY IN SELF-DEFENCE OR ATTACKS COUNTLESS TIMES."

make use of footwork, strategy and savate skills to handle the other party."

Some pundits dispute the success of savate given how many of its kicking techniques rely on the use of a specialised shoe.

"The shoes help, of course, but if the techniques are slightly modified, they still work quite well for the most part. The fact that many have managed to get hold of the highest titles without the shoes proves that it can be done."

Key to a successful skirmish with Thai boxers is management of the highly effective Thai clinch.

"In boxe Francaise with the

is everything but a sport; the French hoodlums, or 'Apaches' as they were called, have proven its efficiency in self-defence or attacks countless times. They gave trouble to the authorities for nearly two decades and it was only after sending them to fight in the trenches of World War One that France finally got rid of them."

Savate was also popular with that other colourful historical figure, the duellist.

"Savate was made for duels, also; needless to say that it better have been efficient. The more I studied and researched it, the more similarities I found with JKD. I was extremely surprised when I found a book

fighting — but also a pragmatic street fighter — wrote the following things, and I hereby quote him so as not to betray his words:

"Some of the processes that I recommend come directly from the world of 'Apaches'. I do not have to apologise, these processes are very effective, very safe,

kali (empty-hand and weaponry), along with savate and muay Thai. These arts fit my personality and my body; I am more of a striker than a grappler [and] even though I love grappling techniques, let's say that in a street confrontation, I will avoid rolling to the pavement. That being said, I teach ground techniques to my students as well.

"I am attracted by these arts because I simply love their concepts and their philosophy. There are no complete arts, but JKD, kali as taught by Guro Dan and French savate are pretty close in...concept [because] they are meant to be tailored to the individual."

Paul Borrett, also vocational in his study of martial arts, is an associate instructor of savate and currently teaches the style in Melbourne.

"I've been training since six years of age," he says. "I started out



with various styles of kung fu. On my mother's side, my grandfather had been a boxer in the army. On Dad's side, my grandfather had served in the police and military in India. He had been a bodyguard for Lord Mountbatten, the last viceroy of India."

Like Assli, Borrett's investigations into the martial arts were many and varied.

"I trained in kung fu to start with, and moved on to kickboxing and judo. I went through a variety of systems until I found Jeet Kune Do."

As with many other students, Borrett travelled to California to learn from Dan Inosanto.

"I would travel down from

Canada to go to Guro Dan's academy in Seattle. That was between 1995 and 1998."

Borrett's interest in kicking systems led him to explore the possibilities offered by savate.

"I believe it started with French sailors," he says. "They wore shoes on deck, and the hand position derives from the sails; you were holding onto the rigging so you wouldn't fall over."

The style was further refined as a result of 'friendly' contests between French savateurs and English boxers.

"Matches between English boxers and French savateurs were conducted according to applied rules. For that reason,

you can kick to the back of the head, but not punch. It's interesting because you wear shoes; it's English boxing combined with kicks with shoes on. It had a major influence on Bruce Lee's kickboxing style for Jeet Kune Do.

"The footwork is interesting," adds Borrett. "You aim to hit without being hit back, as the French say. You have to get in and out; it's quite graceful. We often kick with the toe of the shoe to targets such as the solar plexus and the temple, so you have to be accurate. For that reason, the appreciation of range is very important."

Savate, like various styles of kung fu, sprang from its

streets of origin as a matter of necessity. Its genesis was sped up when pistol and sword duelling was outlawed in French society.

"It is the colourful past of savate and boxe Francaise that attracted me in the first place, and I wanted to be part of it," says Assli. "Savate, of course, is way older than boxe Francaise and it was the legacy of all those masters of arms from generation to generation for two millennia that we want to preserve."

"It is also from a cultural point of view very important to save the arts, no matter where they come from; the country or region where it originated can only be richer from its

SAVATE VS HOOK



1 Taking up a defensive side-on guard as his opponent approaches, Assli draws his foe to come forward and fire — but as he does...



2 ...Assli leans back out of range and launches a *fouetté* kick with his leading leg...



3 ...spearing the point of his shoe into his opponent's biceps muscle.



4 As his opponent's arm withdraws in reaction, Assli retracts his leg just as quickly and rechambers for a side kick...



5 ...and skips forward to bridge the gap, launching his bodyweight into a *chassé bas* to his opponent's leading knee...



6 ...then follows up with a rear-hand cross to finish.





A younger Assli fly-kicks in tribute to his late hero Bruce Lee, wearing a replica of Lee's famous jumpsuit

exposition to the eyes of the rest of the world.”

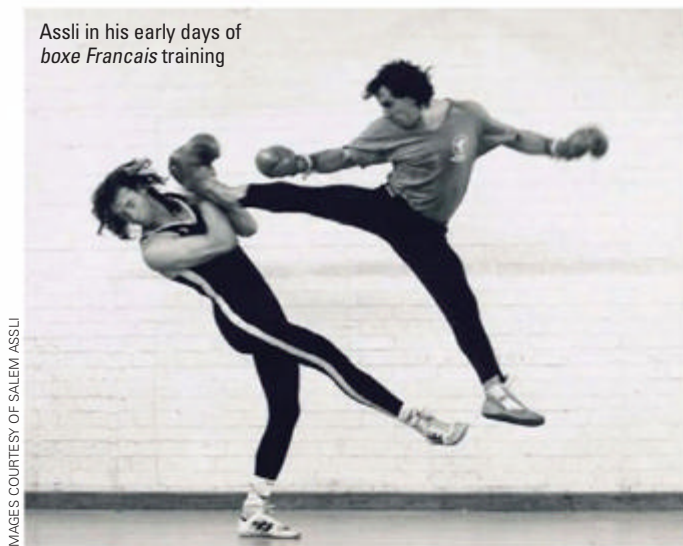
Assli is ambivalent about the role of sport savate as a means for preserving its legacy.

“Unfortunately the French Boxing/Savate Federation [is] more concerned with making boxe Francaise/savate (strictly using hands and feet) an Olympic sport, and so more focus [is on] that goal. Straight from the beginning, I studied and researched the lost art, and this was way before France started to come up with what they now call ‘savate defence.’”

The argument against boxe Francaise is similar to the arguments made against competition by many traditional martial artists; in order to make it ‘safe’ for competition, certain techniques must be eliminated, thereby diluting the art. But Assli believes that both have their place.

“Boxe Francaise is the offspring of savate and *chausson*; it is a sport with limitations and rules, but with outstanding attributes, such as footwork, mastering of distances, awesome combinations, and a perfect example of an art that teaches the ways of attacks as described in JKD. All this was developed through decades of ring

Assli in his early days of *boxe Francaise* training



IMAGES COURTESY OF SALEM ASSLI

experience. But it is still a sport.

“On the other hand, savate was made for duelling, therefore there were no rules whatsoever. I repeat, no rules whatsoever. When it comes to survival, everything goes. Like they said before a duel, depending on the degree of offence: ‘*Vas-t’on de tout?*’ — French for, ‘Does everything go?’”

Due to the destructive nature of many savate techniques, the emphasis of the art changes.

“In savate there is no need to have awesome footwork, having a perfect control of distances, and so on. But for today’s fighters who want to train and

fight for the ring or cage, these attributes can be found in BF savate.”

Just as Jeet Kune Do provided a precursor for Assli’s adventures in savate, so too did his experience of kali provide a touchstone for learning *la canne*, the French art of fighting with a cane.

“The French cane system is a little bit like the *largo mano* style in kali...the long-range system. Like BF, cane fighting has its rules and limitations, but in the street defence, you are free to use what works.

“So when you know kali, you can be creative and I have

lots of fun coming up with many new techniques and tricks from kali...using the cane style. However, when I teach French cane fighting, I only teach the true art. If I show what other things we can do using other systems, I tell my students where that particular technique is coming from.”

The cane lends itself to modern self-defence with a high degree of efficacy.

“I think that a cane is a perfect weapon for self-defence,” says Assli. “You have to know that in Los Angeles, carrying a stick is a felony, but [carrying] a cane is perfectly legal. How funny that is, when you think of all the things you can do with a cane [when you] combine the techniques of both France and the Philippines.”

Originally, Assli’s knowledge of kali was something of an obstacle to learning *la canne*, but not in the way one might first think.

“It is not that I had difficulty to find a *la canne* master to teach me, it was that the master I met was impressed with my Filipino martial arts ability and wanted me to teach him, so he became my student for a while. Myself, I wanted to learn the French cane since I was — and still am — involved in the French martial arts.

“He taught me, but after training together for a while, he told me that he gave up the cane training to focus on kali instead, which he found more practical. I guess that he couldn’t see the benefit of being a cane fighter as his kali training was so overwhelming and new to him; he wasn’t able to see that he could keep both and it was a benefit, not a challenge.

“Of course, there is so much to learn in kali that you can spend a lifetime studying it. Since he was in his thirties already, he chose to focus on kali.”

One of the hallmarks of a vocational martial artist is teaching. It becomes necessary to pass the art on and, in doing



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Before moving to Australia, Jack Leung trained & competed in Goju-Ryu Karate in Hong Kong for 6 years. He also trained Muay Thai in Thailand and several lineages of Southern Praying Mantis, including Chow Gar & Jook Lum Tong Long. In 1996, He was fortunate enough to meet Grand Master Wan Kam Leung in Hong Kong and started training at the Ving Tsun Association.

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Assli is a master of both
la canne and kali



so, opens an entirely different skill set. Having developed his own skill as a teacher has meant that Assli has an insight into the instructors that have contributed to his journey.

"I have never met Bruce Lee and even less trained with him, but his philosophy sunk in as I tried to read all about him when I was a young teenager. Since I grew up in a family who weren't religious, I learned to understand that everything came from the work of human beings, whether positive or negative, and that humans are (or should be) free to make up their own goals and think for themselves, and that everything is possible when you set your mind to it.

"From Dan Inosanto I learned humility, which is truly the most beautiful quality of a human being. [The word] Humility comes from the Latin *Humus*, the earth. That is what we are; nothing else. We are the earth, which for a short moment in time can become conscious of itself. When you realise that, you can only be humble."

A significant aspect of Inosanto's contribution was to give Assli a point of reference for his interaction with other teachers and instructors.

"I also learned to be a better teacher because even though [Inosanto] did not teach me how to teach, per se, spending so many years as his student, you learn so much from him without even noticing it sometimes.

"After training with a teacher's teacher like Guro Inosanto, you see the other instructors differently; you have a better judgment and learn to appreciate their differences."

Guro Dan Inosanto's teaching style seems to have made as much of an impact on shaping Assli as the actual content of his instruction.

"As I said," Assli continues, "he is a master teacher. His humility allows him to be open to anyone...he can learn from. He is genuinely interested to learn from everyone. If he had

to choose only to be a teacher or a student...he will choose to be a student.

"It is logical. When you teach, it boosts a little your ego; whether you want it or not, people look up to you. When you are a student, you can grow, and this is what life is all about.

"Guro Dan is a giver, and this is also what I learned from him. He loves to share what he learns, especially when what he learns can be of help to someone in the class. Sometimes, he will share knowledge that is not technically martial, but rather advice for someone and he will share it to all and whoever is concerned will grasp it... hopefully!"

Aside from Inosanto, Assli expresses particular fondness for Robert Paturel.

"I trained with different French instructors later on, also, and they all had something to offer. Robert Paturel was my favourite because he had an extremely open mind and a sense of humour like mine. We got along very well. The French are very different and as I said earlier, BF savate is very individual and it suits very well their personality."

It has become increasingly clear in the modern context of martial arts that the individual is more important than the art itself; the individual is a lens through which a given art will pass. Salem Assli has mastered an unusual combination of both Eastern and Western martial arts, all of which have come to influence one another within the spectrum of his practice.

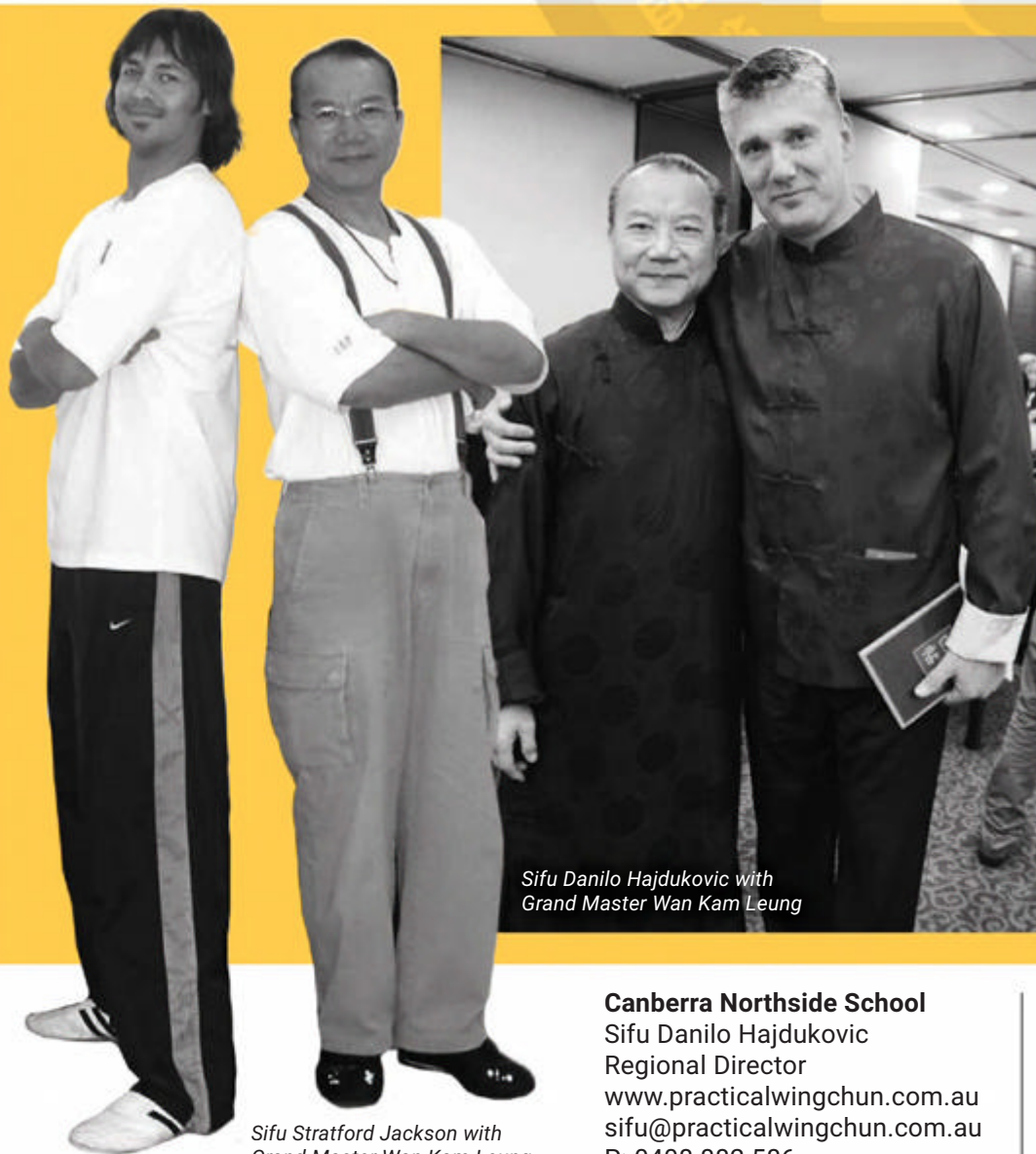
Additionally, as both an instructor and an author, those arts are passed on in his idiom, which has been shaped in turn through instructors such as Guro Dan Inosanto and Robert Paturel, as much as the arts themselves.

'Great' instructors are as remarkable as the arts they teach, and become so through the refinement of a life in the martial arts — the life Assli is still living to the full. ■

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FIGHTING

Without Fists

The art of control and restraint

For many martial artists, the first response in any self-defence situation, once verbal dissuasion and escape options have been exhausted, will involve a punch or kick. But that's not necessarily because that's what the situation calls for most — it's because they don't have any other options. Unfortunately, the need for controlling and restraining skills often does not become apparent to the 'stand-up' martial artist until the moment those skills are needed. Say a heated argument at a family gathering turns violent, should you just knock out Uncle Barry and deal with the consequences later? John Will has some better ideas and shares a few of them with us here.

STORY & INSTRUCTION BY
JOHN B WILL | IMAGES BY
CHARLIE SURIANO

DUCK-UNDER-GO-BEHIND

Under threat from opponent, we are on the back foot with our 'fence' or passive guard in play. As he swings for the fences, we duck under and take his back. With the rear body-lock in place, we then stomp through the back of his knee, lay him down and go to the 'thinker control' position. (From here, the aggressor could easily be cuffed.)

Will (left) uses a subtle 'fence' to keep the aggressor at a distance...



...then as the aggressor loads up to strike, Will weaves away...



Those trained in Brazilian jiu-jitsu may have heard the saying 'switch 'em off, or break 'em!' Although this old-school dictum does essentially cut to the heart of what BJJ and other forms of submission grappling are ultimately about, it is somewhat limiting, as it tends to ignore the other potent option of control and restraint. In fact, if the emphasis is taken away from the control and restraining aspects of groundwork, then even the choking and dislocation techniques become highly theoretical concepts and their practical effectiveness is undermined. Why? Because we must control first, then attack; that is the real nature of the grappling game.

By the same token, the aim of the 'stand-up' or striking-focused martial arts — and certainly, the outcome of having only that limited skill set — is to 'control' a violent situation by taking

the opponent out, or at least causing sufficient injury that the aggressor cannot or will not continue. Again, this is extremely limiting, especially when you consider that the majority of assaults (approximately two-thirds according to the Australian Institute of Criminology) are committed by people known to the victim, and one-third of these attackers are in the victim's own family. Punching the head of someone in your circle of friends or family in retaliation or even defence can have dire ramifications. And if they are a loved one, perhaps acting violently out of mental illness, for example, and you would never strike them — what then? What do you do instead if you still need to protect yourself or others? If you consider also that many assaults occur in the workplace — and not only in the obvious 'frontline' professions of security, policing, medicine or emergency services, where a duty of



3

...and ducks the punch, coming forward to the attacker's flank or 'blind side' as Will drops underneath...



4

...and extends his near arm across his foe's waist...



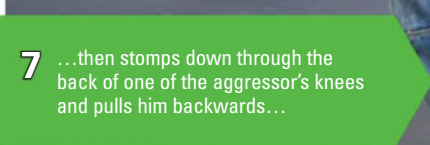
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...to pull himself around into a rear body-lock (note, Will keeps his head and body in close to avoid being elbowed).



6

Will then drives his hip in under his opponent's to uproot him while applying a 'seatbelt hold'...



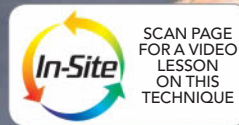
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...then stomps down through the back of one of the aggressor's knees and pulls him backwards...



8

...keeping hold of the near arm as Will assumes a control position over his downed opponent.



OVER-HOOK & COVER

This is essentially a defensive technique against a very common 'alpha male' display of aggression and intent. As we over-hook the opponent's grabbing hand to apply leverage to his elbow, it is vital to keep our other hand high in readiness for the likely overhand right that might be on its way. A basic rear-trip (*osoto gari*-like) puts him down, then we immediately apply our weight before moving on to the rest of our control tactics.



1 Here, Will has engaged his fence for the purpose of negotiating when the aggressor grabs his shirt.



2 Will reacts immediately, bringing his arm over his opponent's (and striking on the way past if required)...



3 ...to over-hook the grabbing arm, turning inward to apply leverage against his foe's shoulder.



4 With hands clasped in a Gable grip, Will lifts and increases the torque on the aggressor's shoulder, forcing him to lean back...



5 ...then continues taking the aggressor's balance by palming his chin back...



6 ...and stepping through behind the aggressor's near leg to reap it out from under him...



7 ...and take him down into a control position, keeping the top arm secure and bodyweight bearing down.

care controls your actions as the defender — suddenly control and restraint techniques are looking like a must-have!

At times I find myself in the employ of various law enforcement and military agencies that engage me to assist in the design and delivery of specialised defensive tactics packages. Although the environmental and operational conditions vary greatly between agencies, as far as defensive tactics is concerned, there are indeed some commonalities. The acronym I employ for my defensive tactics service is

DCAT – Defend Control and Arrest Training. Notice the hierarchy there? Defending is first and foremost — without defensive capabilities, we are not going to achieve anything, so defence is a priority! Then comes control; we need to bring the perpetrator or enemy under control before we move on to the next stage, which, for most law enforcement operators, is the arrest phase. Although, for soldiers in war zone conflicts, this last phase may require the enemy to be 'dispatched' (a nice way of putting it); for the most part, even soldiers doing

NATO roles (say, manning vehicle checkpoints) are usually required to arrest and restrain rather than 'kill or be killed' with every contact.

Control is everything. By bringing an opponent under control, we are essentially transmuting a chaotic situation into a far more stable one — no mean feat! If we can succeed in controlling our opponent, then we increase our options exponentially; and this, in and of itself, is a reason to spend a lot of our time in learning how to develop this skill. For professional law enforcement

personnel, security personnel and others, the idea is to de-escalate a violent situation to a point where the bare minimum of harm is inflicted on those involved; ourselves first, third parties next and, lastly, the perpetrator/offender.

The ability to control other people comes down to grappling. Punching someone in the face is not controlling them; it certainly might be a viable (and even necessary) method of bringing the confrontation to an end, but that conclusion does not come without consequences. Control means 'hands on', and

wrestlers and grapplers of all kinds are more equipped to bring an opponent under control than non-grapplers; that is a simple truth.

There are many elements that come into play when trying to control other people. It is easier to control them once we are on the ground – essentially restricting their planes of motion into two

dimensions rather than three. The effective use of weight, leverage and mechanics also play a huge part, as do strategy and tactics. Unfortunately, all of these elements take time and experience to get a handle on. So please keep in mind, the techniques illustrated in the article are underpinned by experience in each and every position; an ability to

CONTROLLING & CUFFING

This is a fundamental cuffing technique I developed many years ago based on the Kimura shoulder-lock control (see the February issue of *Blitz* for detailed lessons on that technique). Essentially, we apply the Kimura from north-south position, then back around to the opponents 'front' side — continue to back away until he is prone — then a knee-ride on his lower back and a little adjustment of our grip — and we can go into cuffing procedures.



From the end position of the previous two sequences, Will can step over his opponent's head...

...and secure a figure-four/Kimura grip. Lifting the arm to his chest and keeping it bent at a right angle...



...Will takes the arm over behind his opponent's back and uses the leverage on the shoulder...

...to roll his foe onto his stomach. As he does, Will keeps his weight down and steps over the head...



5
...and uses his other knee to assist in pinning the aggressor, enabling Will to reach the area where cuffs are carried.



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DEFEND

This should be the first priority. Arrest and control will never be effected if we are lying on the ground bleeding or worse. Defence, ironically, is something that is often missing in many defensive tactics courses. Very often, the emphasis is placed on offence/attack, leaving the operator overly vulnerable to assault.

We can dramatically shore up our defence capabilities via two main strategies:

- **Preventive:** through good use of a 'physical fence' we can go a long way toward nullifying or at least greatly reducing the effectiveness of an assailant initiating an attack in the first place. By good management of the space between operator and potential assailant, we also create an opportunity for de-escalation.
- **Reactive:** through the use of SBD (structure-based defence) we can reduce the reliance on skills and attributes that would take years of training to develop. The 'shell', the 'visor' and the 'foxhole' are all examples of how we can effectively cover up and defend against a flurry or strikes from an assailant, allowing the operator to close the distance safely to the point where he/she can clinch, takedown and control if necessary.

CONTROL

Before an effective arrest can be made (on a noncompliant offender), we need to bring that offender under some form of control. Anyone can be effectively arrested if they are in compliance; it is the noncompliant offender that presents us with the problem.

The best control can be effected on the ground (or against a wall) — we need the encounter to move from a three-dimensional landscape to a two-dimensional landscape, where the offender has limited movement options. Once on the ground, with effective use of weight, leverage and basic technique, an offender can be brought under control much more easily.

ARREST

This is the final phase, and in law enforcement and military circles, it is accomplished through handcuffing. This phase does also include 'transportation skills' (e.g. moving of a prisoner from one location to another; in and out of cars, aeroplane seats, prison cells, etc.).

Again, handcuffing or 'strapping' a noncompliant offender isn't easy. Only once an operator has successfully defended himself, then brought the offender under control, can effective cuffing or strapping strategies be employed. One of the most effective is the Kimura strapping method I have developed over many years of instructing law enforcement and military personnel who are operating in high-tempo environments. Some of those basic principles are illustrated here.

adapt and recalibrate under fire is also an essential skill to have when working with these and other control-oriented techniques.

As a final note, most high-tempo operators will know that the use of 'pain compliance' techniques to assist in arrest of a violently non-compliant offender has very limited application. Instead, we place the focus on control through the proper use of leverage, biomechanics and sound strategy.

INTERVENTION ARM DRAG

This is an example of a third-party extraction. We secure the perpetrator's arm in a classic two-on-one (Russian tie), going heavy on his arm. We immediately turn him away from the other party, then release tension on his lower arm, and as he moves it to 'get it back', we transition into the classic goose-neck wrist control.



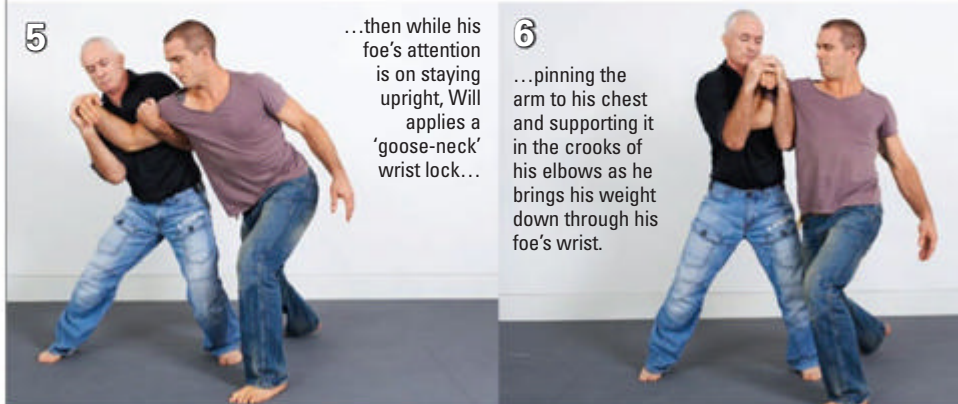
In this scenario, Will is approaching a third party, who has been besieged by an aggressor, to give assistance.

Will moves in subtly, staying out of the aggressor's field of vision if possible, so as not to attract his attention...



...and latches on to the aggressor's 'active' near arm with a two-on-one grip or 'Russian tie'.

Driving his shoulder in behind the aggressor's as he pulls the arm in, Will spins and drops his bodyweight, taking his opponent's balance...



...then while his foe's attention is on staying upright, Will applies a 'goose-neck' wrist lock...

...pinning the arm to his chest and supporting it in the crooks of his elbows as he brings his weight down through his foe's wrist.

PRE-EMPTIVE ARM DRAG

Playing a passive, questioning role with our 'fence' in play, we ask a question to engage the opponent's mind and slow his reaction time so as to sneakily line our opponent up for the arm drag. We complete the powerful arm drag, take his back, then lift and dump him. As soon as we hit the ground, we snag the arm with what I like to call 'thinker control' (his upper arm cupped, our elbow pointing directly downward to the ground and our weight on that arm). This sets us up perfectly for the cuffing procedure. ■



1



Will is again employing a 'fence' for pre-contact negotiations.

2



Sensing his foe's desire to escalate, Will subtly angles away from his rear (power) hand and uses an innocent gesture...

3



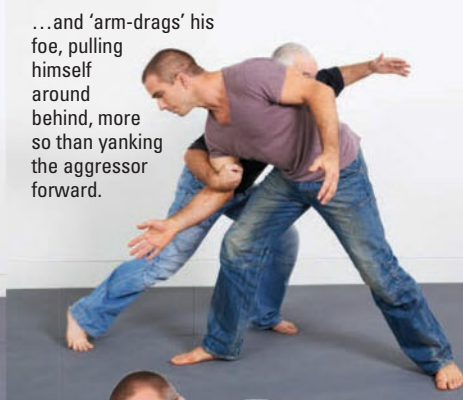
...to bring him close enough to suddenly grab the aggressor's leading wrist...

4



...and scoop his biceps in the other hand as Will drops to the outside...

5



...and 'arm-drags' his foe, pulling himself around behind, more so than yanking the aggressor forward.

6

Moving behind, Will secures a rear body-lock, keeping his head in out of harm's way...



7



...then steps in close, knees bent and hips underneath the opponent's...

8



...in order to lift the aggressor up off both feet...

9

...so Will can tip him horizontally, using his knee to knock the aggressor's thigh out...



10

...and bring him side/face-down to the ground, with Will on top and in control.





Aikido Down Under 50 years and counting

This year, 2015, marks the 50th anniversary of aikido in Australia, and to commemorate that historic milestone, in January, 430 aikidoka from 20 different countries under the Aiki Kai umbrella — including the organisation's head, Doshu (Way Leader) Moriteru Ueshiba, grandson of aikido's founder, Morihei Ueshiba — converged on Melbourne for a week of training and celebration. *Blitz* correspondent Mike Clarke was on hand to witness the event and speak to some of those attending, both locals and those who'd made the pilgrimage from lands far away.

STORY BY MIKE CLARKE



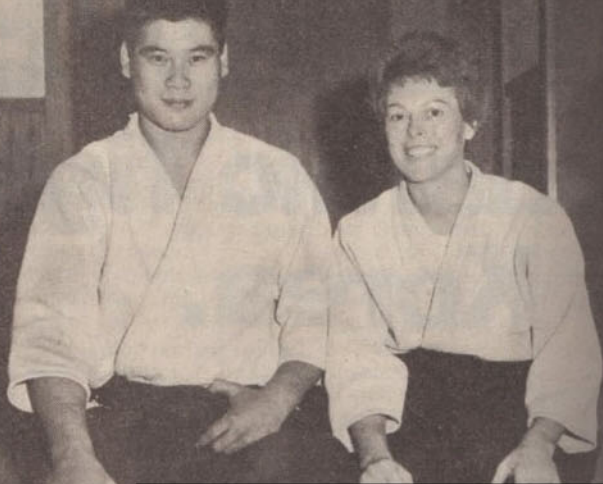
MEREDITH OSHEA

Perth's Jack Sato Sensei trains with Ruth Peyser Sensei of Aiki Kai's New York, USA branch

Aikido was formally introduced into Australia from Japan in 1965, and the reason I can be so precise about the year is because I met the man who introduced it. His name was Seiichi Sugano, and although he died in 2010, he left behind a legacy of aikido in this country that is destined to continue for many more decades to come. Sugano Sensei or, to give him his more correct title, Shihan, left his native Japan as a young man in his 20s to settle in Sydney with his Australian wife, Verella, who was also an aikido *yudansha* (holder of a Dan rank). Years earlier, as an 18-year-old, Sugano Shihan had entered the dojo of aikido's founder, Morihei Ueshiba, known throughout the aikido world as *O Sensei* (great teacher), and within 12 months had become an *uchi deshi* (house student), living at his master's dojo.

From that time on, Sugano Shihan's training became even more intense than usual, for he and the other *uchi deshi* never knew when *O Sensei* would demand his attention. He told me once that it was not uncommon for *O Sensei* to wake them in the night and have them practise aikido. When I asked him if he and his fellow *uchi deshi* were taught any aikido 'secrets', he smiled; "No, no secrets," he said, "just training and more training. If the aikido of *uchi deshi* looked different to the aikido of others, it was only because of the amount of training we did in comparison to them; we practised aikido from morning 'til night, every day!"

At the request of the late Arthur Moorshead, the well-known judo sensei and founder of the Caulfield Judo Club, Sugano Shihan was invited to Melbourne. Although not significant at the time, it was Sugano Shihan's frequent visits to Melbourne that led to Australia's first two 'home-grown' aikido *Shodan* (Black-belts), Tony Smibert and Keith Townsend. The first regular aikido training led by Sugano Shihan was held in West Ryde, Sydney; the class was made up of around 20 people,



Sugano Sensei and his wife Verella, who was among the pioneering women of martial arts in Australia, featured in *Australian Women's Weekly* in 1964



Saburo Takayasu joins the group in meditation



The late Sugano Sensei at Aiki Kai Australia's 40th anniversary gasshuku

MEREDITH O'SHEA

JOHN LITCHEN

many of whom were already practising yoga and were curious about this 'new' martial art that was based on harmony and cooperation. Although most of the students taking part in the early training sessions dropped out within a few months, a small number remained enthusiastic and later emerged as the nucleus for aikido in Sydney, and later, the whole of New South Wales.

Within a few years of Sugano Shihan's arrival, aikido began to spread north and west across the country; Sydney and Melbourne became strong centres for the art in Australia, but the other states and territories were not without their own enthusiasts. Early on, aikido classes were established in Darwin, Adelaide and Perth. The kind of people attracted to the art were searching for something beyond mere fighting skills, and in Sugano Shihan they discovered the perfect guide to help them in their exploration.

Amid the bustling mass of city life in Sydney, Sugano Shihan was slowly cultivating something of great value to the wider Australian community. His insistence from the beginning on quality rather than quantity ensured that aikido in Australia — at least, the aikido that was aligned with the Aiki Kai *hombu* (headquarters) — was developing well, without shortcuts and without compromise. At a time when other martial arts were attracting new followers by the thousand every month, aikido maintained a slower, steadier path toward the future.

While many of the leading organisations from the 1960s have long since vanished from the Australian martial arts landscape, Aiki Kai aikido remains, and is led in every state and territory by sensei boasting (albeit very quietly) 30, 40 and, in some cases, over 50 years of

training. It is a tribute to the man who introduced aikido so long ago, and signifies the depth of instruction now available in Aiki Kai dojos throughout Australia. With a core group of Sugano Shihan's direct students at the helm, Aiki Kai Australia maintains its connection with the *hombu* in Japan, and is constantly interacting with other aikido groups around the world. I don't know of any other martial arts organisation in Australia that has such an unambiguous sense of direction, or senior sensei who go about their training and teaching with such humility.

In the words of Tony Smibert Shihan, 7th Dan, "Aikido is in many ways unique, based on a truly contemporary idea; that budo, or the study of the martial way, should be about trying to create a better world."

I've been told that to understand aikido you have to

be patient, because it employs a teaching method not widely used these days. Martial arts instructors may teach technique, but a sensei offers you an example; Aiki Kai Australia has many sensei among its senior ranks, and from them the spirit of aikido is passed quietly along, often unspoken, from one generation to the next.

It was in this spirit — though perhaps not quite so quiet — that in January 430 aikidoka gathered in Melbourne for a week of training and celebration. The weather was hot, and the city full of sports fans in town for the Australian Open Tennis Championships — but in contrast to the hustle and bustle of the city, the atmosphere inside the State Netball and Hockey Centre was calm, although no less a hive of activity. From my position high in the stands, I watched the 430 aikidoka all training at once.



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It was in this spirit — though perhaps not quite so quiet — that in January 430 aikidoka gathered in Melbourne for a week of training and celebration.

That so few accidents occurred in such a busy environment is testimony to the care taken by each individual; each pair of aikidoka were not only mindful of each other but of the people training around them.

Throughout the course of the week, special classes and meetings were held that focused on specific areas of preserving and protecting the art of aikido — for example, classes for instructors who teach children. A forum to discuss aikido from a woman's perspective was organised as well. Chaired by Linda Godfrey Sensei, the Aiki Kai representative for Victoria, the panel consisted of seven senior female sensei, coming from Australia, Spain and the USA, and the forum gave rise to many points of view that wouldn't always find airspace at such a large gathering. Having taken part in a similar forum in Canada last year, I think they serve organisations well in terms of allowing those whose voices often go unheard within their group to have a say. From the women's forum came a number of issues of which the men in the room were clearly ignorant, and it struck me that if martial arts organisations are really fair dinkum about preserving and protecting what they teach,

forums such as this one should find their way into every large gathering of martial artists.

Apart from Tuesday afternoon, when time was set aside for grading tests, the rest of the week was taken up with six hours of training each day, from 9.30 am through to 5 pm. A 90-minute break for lunch was the only rest for those dedicated individuals who trained in every class. Each hour saw a change in instructor, and straight away I noticed something not always seen in other martial arts. Regardless of the rank or seniority of the person leading the class, the mat was populated by a broad range of aikidoka. For example, I saw many 7th Dan sensei practising under the leadership of a number of 6th Dan teachers. I don't witness that attitude towards practice in karate so much. In truth, I found this egoless approach to training a refreshing change from the often self-serving world many martial arts instructors inhabit. Over the seven days of training, sensei from around the world passed on their aikido to students and teachers alike. From North America, Singapore, Africa, Malaysia, New Zealand, Scandinavia, Europe, Japan, and of course Australia, sensei and students came together to

celebrate their art and establish new friendships.

Thursday was a special day for everyone, because for the first time that week the training was led by the world head of Aiki Kai, Moriteru Ueshiba, grandson of the founder of aikido and known throughout the aikido world as *Doshu* (Way Leader). An already demanding week of training had just become more challenging. The atmosphere was clearly different when the doshu was present. Accompanied by two sensei from the Aiki Kai hombu in Japan, Doshu lead the training with a quiet authority, sprinkled with just a touch of good humour.

I thought it would be interesting to get some insight on what the week felt like from a participant's point of view, so over breakfast one morning I spoke with Chouaib Warit Sensei, who, along with his companions, spent 23 hours in an aeroplane to reach Australia, having flown all the way from Morocco in North Africa. As representatives of the Royal Moroccan Federation of Aikido, they were in Australia not only to take part in the training, but to strengthen their connection with the Aiki Kai and the hombu dojo in Japan. "Aikido has been in Morocco for 60 years, but it

has been fragmented, and so we are here as representatives of the new Aikido Federation of Morocco that was formed three years ago," Warit Sensei explained. "We have come to Australia to learn so that we can return home and make aikido better in Morocco. We are having a great experience here, seeing how things work and how senior sensei work so hard for aikido: Tony Smibert Sensei works very hard.

"We are a team, and along with Aziz Ben Hassan Sensei, who is Moroccan but who now lives in Belgium, we are working together to make a better future for aikido in our country. As I already mentioned, we have [had] aikido in Morocco for 60 years, so we have a good understanding of the physical techniques; what we need are the things that surround the techniques that help aikido work — the correct etiquette, for example, and practical things also, like good mats in each dojo. Aikido is a very beautiful martial art and I think with our new federation we will be able to organise aikido in our country and raise it to a very good standard."

Barry Ford Sensei, a 4th Dan aikidoka from Coffs Harbour, NSW, had a lot less travelling to do, but he is no stranger to travelling long distances to practise aikido, having made several trips to practise at the aikido hombu dojo in Tokyo. "This is the best training of its

kind I have been to for some years here in Australia," said Ford Sensei. "I have trained with Doshu before, here in Australia at different summer schools, and also once or twice at the hombu dojo in Tokyo. With so many people here from different parts of the world, I've had an opportunity to train with aikidoka from all over the place, especially South-East Asia."

Singapore's Philip Lee Shihan, 6th Dan, is no stranger to Australia. On this occasion he brought with him 25 of his students from his home city, where he is the founder and chief instructor of the Shinjukai. "I enjoy visiting Australia and have been here a number of times now, even teaching a class at the 40th anniversary training. The training this week has been very good, and my students are enjoying themselves a lot," he told me. "It's a big eye-opener for them, training with people from many different countries; it's a tremendous experience and will

help them a lot in the future."

Saburo Takayasu Shihan, 7th Dan, has lived in Sydney for more than 30 years and is the president and chief instructor for the Takemusu Aiki Association Inc. here in Australia. "This seminar has been very well arranged — amazing organisation, really... every corner has been covered. This is not my first time training under Doshu, as I visited the hombu dojo about three years ago. I am here with 16 students from my dojo in Sydney and they are enjoying the experience very much. The highlight of the training for me has been the opportunity for my students to be exposed to so many good instructors from around the world. At the end of the day, aikido belongs to each person, and they must find their own way of expressing it, so, making contact with so many good instructors allows them to see many things."

Katherine Lim, 5th Kyu, came

from Malaysia to take part in the training and experience the aikido of Doshu. A first-time visitor to Australia, she has been practising aikido for a little over one year and was still new to many of the techniques and ideas she encountered on the mat, but was able to rise to the challenge. "This is the second big gathering I have attended; the first one was in Malaysia, and that also gave me a chance to learn new techniques and practise with many people from around the world, but for me the highlight has been training under Doshu," she said.

It would be fitting, though, to let one of the aikidoka who started it all, Tony Smibert Shihan, have the final word. "There were over 400 local and international attendees, many from different associations and countries, yet all were trying their best to accommodate the variances between the different styles of training," he said. "It

was an incredible pleasure to be there, and, a fitting recognition of all the work Sugano sensei had done to create our organisation."

The 50th anniversary celebrations of Aiki Kai aikido in Australia came to a spectacular close with an *embu* (demonstration) held at the Deakin Edge building in Melbourne's iconic Federation Square. In a very special space, created by wood, glass and delicate shards of steel that allowed for the trees and sky to fill the room, Aiki Kai Australia at first educated the 500-strong audience, and then, in an act of giving, the senior sensei present offered their aikido to the memory of the man who started it all, aikido's founder, O Sensei Morihei Ueshiba. As the last of the sunlight faded, silently revolving the world from day into night, Aiki Kai Australia moved just as quietly, and just as inexorably, forward into its next 50 years. ■

Looking for an AIKIDO dojo?



Established in 1965, Aiki Kai Australia is the original and largest Aikido organisation in Australia. As a member of the International Aikido Federation and Hombu grading authority for the last 50 years it offers

quality of training and high level instruction in around 50 dojos over all states and territories. Beginners are always welcome, Aiki Kai Australia is not-for-profit and there are no competitions in Aikido

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SHAOLIN Hands

The formidable striking styles of
Shaolin Temple



Perhaps the world's most famous institution of martial arts, the Shaolin Temple that sits high in the Song mountains of Henan, China has spawned literally hundreds of fighting systems and styles over thousands of years. Here, Australia's official representative of the temple, Sifu Ramesh Patel, takes a look at the many hand strikes found in Shaolin kung fu styles that make these fighting arts so formidable. Read on to delve into the different fist formations and their delivery, as well as the tactical and cultural reasoning behind them, and the conditioning methods needed to make them effective.

STORY BY RAMESH PATEL

It is said that the *bodhisattva* (enlightened being) Guan Yin was bestowed a thousand hands by the Buddha to be able to help all who are suffering. Not unlike Guan Yin's dilemma of not having enough hands to help all those in need, Shaolin Temple and its legendary arts have sprouted many 'hands' to deal with the advances in combat throughout its turbulent and venerated martial history.

For thousands of years, China had been at the forefront of weaponry and martial arts development. With legendary figures like Mongolian conqueror Genghis Khan, martial arts developed a deep and extensive catalogue of hand techniques. Shaolin Temple was a melting pot of martial arts development and many of today's renowned hand techniques were first practised within its hallowed halls.

The hand techniques of Shaolin Temple truly began with the introduction of the Luohan Shi Ba Shou or, as it's otherwise known, the 18 Hands of the Luohan. Due to its Buddhist nature and that it was passed onto the monks directly from Bodhidharma (the Buddha), it became the foundation of future hand techniques in Shaolin Temple. During the early part of Shaolin Temple's martial growth, it followed the path of the Luohan but introduced various additions and methods of increasing the strikes' range and effectiveness; however, it wasn't until later, during the Song and Ming dynasties, that the Shaolin syllabus really expanded.

Shaolin Temple abbot Fuyu was always interested in the arts that had made Shaolin so famous and welcomed martial arts masters from all over China to share techniques in Shaolin. It was a furnace

that was stoked with the knowledge and enthusiasm of martial arts mastery and its fire that would continue to burn for hundreds of years — and still burns brightly today. It was in this fire that Shaolin's now diverse and devastating hand and finger strikes were forged.

The Luohan style that had been the base of all Shaolin techniques was transformed forever; animal styles, weaponry, imitative styles, Hong quan, Tong Bi quan and so much more have become part of Shaolin Temple's expansive syllabus. Each style within Shaolin has its own characteristic hand gestures and combat theories, yet regardless of how simple or intricate they may appear to be, there is always a very deep philosophical and practical meaning to them.

The methods of the legendary 18 Luohan style, grandfather of all Shaolin hand techniques, are considered at times simple but their usage is extensive

“
SHAOLIN TEMPLE and
its legendary arts have sprouted
many 'hands' to deal with the
advances in combat throughout
its turbulent and venerated
MARTIAL HISTORY.
”



Displaying the precision of a stealth bomber, the **eagle claw** (*ying zhao*) is a Shaolin technique that is feared and revered at the same time. Akin to the tiger claw, it is primarily used to grip and crush, focusing on the body's vital areas, and also to literally tear flesh away from bone.

and they have stood the test of time so far.

Throughout Shaolin Temple kung fu training, there are certain fundamental exercises used to develop the essential ingredients of conditioning to ensure that any hand technique delivered is powerful, swift and accurate. Then, as a Shaolin practitioner becomes a specialist of certain techniques, they are introduced to the specialised training for that particular gesture.

Just like Guan Yin was gifted the ability to have endless arms, Shaolin Temple gifts practitioners of its kung fu styles an extensive array of hand strikes, which, if you're willing to put the work in, are as practical as they are potentially lethal.



The **willow-leaf palm** is a signature hand technique of the Luohan. With its usage and meaning perfectly wrapped in the fusion that is Chan Buddhism and Wu — the willow, sometimes known as 'Buddha's palm' — is very effective. Its appearance is that of a monk's praying palm but when used in combat it is straight to the point. When striking with the Buddha's palm it is important to hold the palm at a 45-degree angle to allow for a compression-like effect while striking. It can be delivered in a single blow or in a rapid succession of strikes, but iron palm conditioning

training is essential to make this a devastating technique.

The **chopping palm** (*pi zhang*) involves chopping downwards using the blade (outer edge) of the palm to inflict damage. It is used to crush attacks and strike at vital areas surrounding pressure points on the body. It is also used by many to strike nerve and blood-vessel targets, resulting in blackouts and worse. The chopping palm is often referred to comically — think the old spy comedy *Get Smart* — as the 'karate chop' (which Maxwell Smart did utilise well at times, inflicting instant and debilitating blows).



The **sword hand** (*jian shou*) can be found throughout many forms of kung fu, both empty hand and with weaponry. Most people recognise this within the Luohan and Jian forms. However, most are unaware that this hand gesture is used in the legendary pressure-point striking technique known as *dian shue*, also known as *dim mak*. It is formed with the two fingers extended, which allows the practitioner to deliver neutralising attacks to the body's vital points, which may lead to paralysis and, in severe cases, death. Fingertip push-ups and handstands, and thrusting the fingers into sand are all areas of conditioning required to have lethal sword hands.

The **drilling fist** (*zhuan quan*) is used to spiral through the air and strike an opponent's vital and soft areas with pinpoint accuracy and inflict excruciating pain in a single point. Just like in Jet Li's film *Fearless*, the spiralling of *zhuan quan* is designed to deliver a fatal or debilitating blow; although a straight punch is faster, the spiralling fist generates more force on impact.



The **single-finger hand**, sometimes referred to as 'bridge hand' (*duan zhi*) is one of the single most recognisable hand gestures in all of the classic Shaw Brothers' kung fu movies. Its unique design is related to the multiple uses that come with it: the ability to attack points, strike with the palm or capture an opponent.



Master Wushu

with All-China Champion
Tang Laiwei

Former All-China Champion and
member of the original Beijing Wushu
Team alongside action movie star Jet Li



Direct with no fuss or frills is Shaolin's **straight fist** (*chong quan*), which drives directly into an opponent with speed. Delivered with Shaolin's signature spring-like action — increasing the punishment this otherwise simple straight punch can deliver — it is used for rapid burst of attacks to multiple areas or a single point.



After conditioning the fists through iron palm training to become like iron (hence the name), the **back fist** (*bei quan*) is a strike that can shatter face bones or crash through the guard of your opponent, with its circular motion providing the velocity required.



Qi Xing quan is a style that is unique to Shaolin and features an unusual hand technique also found in Chang Hu Xin Yi Men called the **feng shou**. This is characterised by the thumb and small finger squeezing inwards as the three remaining fingers press and stretch outwards — a vicious and multipronged technique that can be used to block, grasp, strike and gouge. Its speed and ligament strength is developed through form practice, but it is necessary for the practitioner to condition both the hand and fingers to ensure its viability on the battlefield.



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Shaolin's animal styles offer an extensive range of hand gestures and techniques, mimicking the tiger, leopard, snake, crane, dragon, monkey, scorpion, toad, duck, eagle, praying mantis and dog. As with all of the animal styles, there are many forms but within them are some particularly renowned hand techniques.

The **tiger claw** (*hu zhao*) is most well known. Used both offensively and defensively, it is a powerful weapon for any Shaolin practitioner, and deadly in the hands of an expert. The fingers are set apart and bent to represent the tiger's claws, while the wrist is pulled back to strengthen the ligaments, joints and forearm tissue. It can tear, strike, gouge, block, pummel, push, press, control and finish an opponent. There are many forms of training the claw to help generate its ferocious power but most focus on the ability to tear and capture. By striking sandbags or grasping trees, the tiger claw practitioner's objective is to harden their 'claws' and increase the grip strength to vice-like levels.



The **leopard's fist** (*bao quan*) is a rigid hand formation that imitates the paw of the leopard. Due to its sleek and rigid structure, the leopard fist can be fired explosively without losing power. Fast, direct and lethal, very much like the animal it imitates, it is used with sniper-like accuracy to crush windpipes and ribs, and strike at femoral arteries.

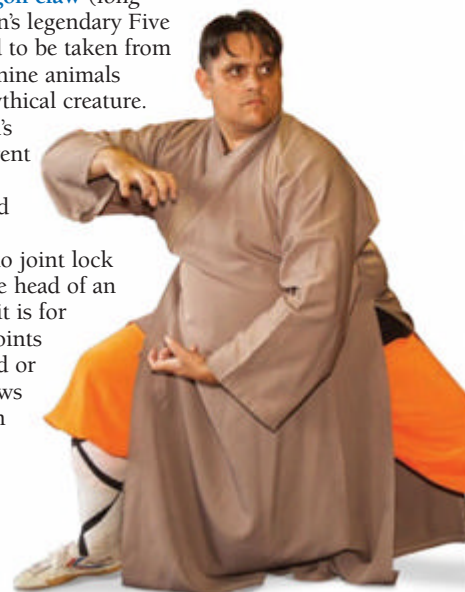


Coiling or 'swimming' through the air, the **snake fist** (*she quan*) is very fluid and versatile in the type of attacks it is used to deliver — whether it be striking like a cobra or crushing like an anaconda, it's supple in nature and freely flows from one vital area to another with ease and a vicious intent that is belied by its apparent softness. Just like its inspiration, the snake fist attacks the vitals with the intent to subdue an enemy quickly.

The **hook hand** (*gou*) is usually associated with the Crane style found within the Shaolin system; however, the gou is not only utilised in a crane strike ('pecking' into soft targets such as the eyes), it is used to hook or capture attacks such as kicks or extended strikes. The shape of the hand allows for a practitioner to both strike with the wrist and utilise its beak-like characteristics in other ways.



The majestic **dragon claw** (*long zhao*), part of Shaolin's legendary Five Animals style, is said to be taken from the tiger, one of the nine animals that make up the mythical creature. However, the dragon's claw is slightly different in appearance to the tiger claw and is used at times similarly to the eagle, primarily to joint lock and also to attack the head of an opponent. Whether it is for clawing, attacking points or grappling the head or neck, the dragon claws are eager to attack an opponent's head.



The sneaky hands of the **monkey** (*hou quan*) are able to deliver fast and unexpected attacks. Although in appearance it seems relaxed, it can deliver strikes to crack open a hardened coconut and, in keeping with the creature's unpredictable nature, the monkey strikes are delivered in bursts and with multiple targets in mind. Such techniques as the legendary Monkey King (*Sun Wu Kong*) stealing the 'immortal peach' (or basically, crushing the opponent's testicles) are well known.



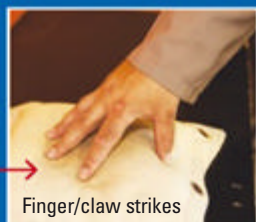
The **mantis talons** (*tang lang quan*) are vicious and designed to entrap the opponent and then deliver decisive blows. Do not be fooled by its fragile appearance, the mantis is one of the apex predators found in its world and Shaolin has been able to harness this skill. The talons of the mantis enable the practitioner to claw and latch onto an opponent. The mantis' talons can strike at many angles and at varied heights. It's lightning fast and utilises the fusion of suppleness and power to perfection.

Hammer-fist (*quan lun*) is designed to deliver blunt-force trauma to its target. This punishing technique, which originates from ancient times is used to attack various targets but also to stop an opponent's attack painfully with a swift, hammer-like action — a great form of defence that is sometimes overlooked by martial artists. It generates even greater destructive power when combined with jumping or swinging actions in combat

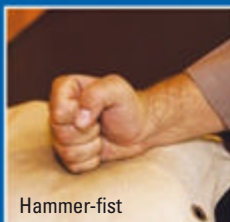


The versatile and famous **drunken fist** (*zui quan*) style made popular by movie legend Jackie Chan sees the practitioner imitate the drunkard holding his precious wine cup and trying not to spill a drop while stumbling drunk. Many regard this as 'just for show' but this is a terrible misconception surrounding the technique. Making use of the entire hand and wrist area, the drunken fist technique is designed to employ the elements of striking, blocking, locking and pressure-point attacks; it can be used to crush vital parts of the body or press hidden points of the dim mak. The drunkard's fist is one many practitioners do not truly grasp or understand, hence why it is usually a style left to the more advanced stages of learning. ■

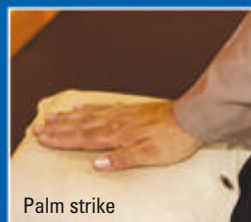
SANDBAG CONDITIONING



Finger/claw strikes



Hammer-fist



Palm strike



Chopping/side palm

TECHNIQUE WORKSHOP WITH JON MARSHALL



Defence against a headlock and punch:

Yoshinkan Aikido

JON MARSHALL

Jon Marshall began his journey in the martial arts under the tutelage of Aikido Shudokan chief instructor Joe Thambu Shihan in 1985 at age 10. In 1996, Marshall went to train full-time in Japan at the Yoshinkan *honbu* (headquarters) dojo in Tokyo, where he undertook the 7th International Instructors Course. On completion, he taught at the headquarters in Tokyo until 2003, when he returned to Melbourne to study osteopathy and to become the senior instructor at the Aikido Shudokan in Melbourne.

In 2006, Marshall graded for 5th Dan in Japan and became the youngest foreigner to be awarded this rank. In 2012, he was awarded the rank of 6th Dan by Inoue Kancho, 10th Dan, for not only his mastery of aikido but his dedication to spreading the art both in Australia and abroad.

In 2010, Marshall opened the Melbourne Budo Academy with the desire to spread Japanese budo. Arts taught at the dojo include Brazilian jiu-jitsu (under Professor Richard Norton), and Shinkendo and Japanese jujutsu (under Howard Quick Shihan).

Q&A Jon, in your opinion and experience, what are the most important elements in self-defence?

The most important element is, without a doubt, awareness. Awareness encompasses timing, distance and sensitivity — and without these, no matter how good your skills are, they will be ineffective or seriously compromised when you need them the most.

While physical skills, conditioning and technique are crucial, the added benefit of training awareness allows you to think clearly and logically, and allows you to avoid or initiate a response to a threat rather than just reacting. It also provides you with more options when you need them.



As the attacker pulls Marshall into a headlock and winds up to strike, Marshall presses his head tightly against the attacker's torso and covers his face with his near hand as he hooks the grabbing arm with the other...



...then, dropping and turning his head in to minimise potential injury, Marshall hooks the headlock arm with both hands to limit the attacker's ability to choke him.



Maintaining the grip with two hands, Marshall steps out and behind the attacker, firmly grasping the attacker's arm and staying close to his body...



...taking the wrist high while controlling the elbow with his other hand (this can be done with either one or two hands, depending on the size and strength of the attacker).



Marshall then moves his hand from the wrist up to the shoulder and applies a hammer-lock...



...reaching over and pulling the attacker's left shoulder back to target the joint in particular, making the whole lock tighter and much more effective...



...enabling Marshall to more easily restrain the attacker.



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The Melbourne Budo Academy commenced early 2010 when Jon Marshall Sensei having trained for 25 years decided that it was time to open his own dojo. Having martial arts as a way of life since very young; he decided to bind all of his lifelong learning and understanding of budo; establishing his own dojo to share the wondrous benefits of traditional Japanese fighting arts.

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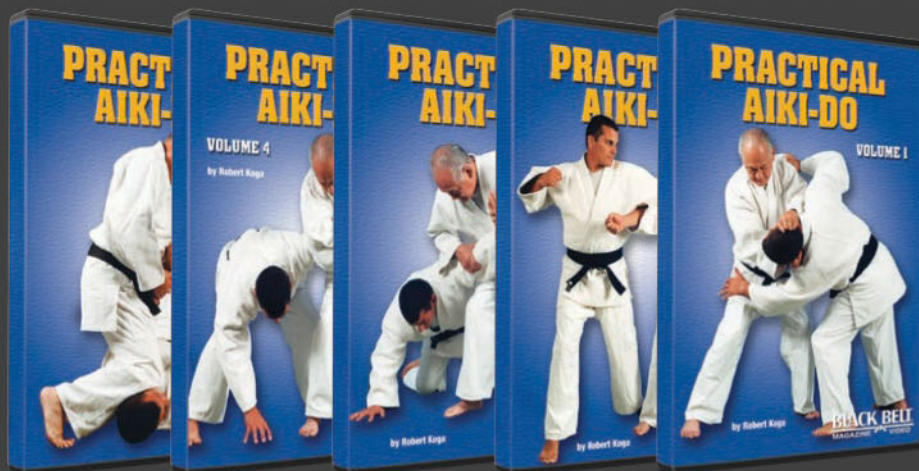
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TECHNIQUE WORKSHOP WITH PETER MCGUIRE



Defence against a headlock and punch:

Goju Ryu Karate

PETER MCGUIRE

Peter McGuire, 6th Dan Renshi Shihan, commenced training at 13 years old in 1973, at the height of the Bruce Lee boom that swept the world. McGuire trained in numerous styles as a teenager before joining the Coogee dojo of Wayne Bridge Sensei (IKO Goju Ryu) in 1978. McGuire has continued to study Goju Ryu karate-do to this day and was awarded his 1st Dan in 1981 and then 2nd Dan in 1983 by IKO chief instructor Gonnohyoe Yamamoto Kancho while he was visiting Sydney for training seminars. All McGuire's grading exams over the past 30 years have been taken in either Sydney or Tokyo and his ranks awarded by Yamamoto Kancho.

Over the years, McGuire has also trained with many martial artists from different styles including both Japanese and Brazilian jiu-jitsu, aikido, muay Thai, boxing and Zen Do Kai karate.

Q&A Peter, how has your martial arts training changed you?

It's allowed me to stay physically fit and mentally strong all my life and with this has been a belief or self-confidence to 'have a go' at business opportunities, and, in many ways, to relax and take in the moment. Also, I believe I have been a better parent to my children in the way I talk to them and lead by example, whether it's skiing down a mountain or exploring an international city together.

Martial arts training is much more than just going to a dojo; our style of karate has a great deal of yoga and core-strengthening exercises, and I have always trained four-to-six times per week with weights over the past 36 years. I also practise yoga and Pilates each day, and I'm a man of movement; I run, swim and cycle, do most sports and practise functional movement exercise.

I sincerely feel that martial arts training has kept me young, as you never really master the art; it's lifelong learning. It has kept me engaged in 'upskilling' myself, whether it's going back to university and doing another degree in my fifties or becoming a personal trainer, or changing careers. Nothing seems impossible and my training has assisted me greatly over my life. I hope I have another 50 years of training ahead of me!



As an attacker pulls McGuire into a headlock, McGuire tucks his chin into his chest so as to protect his throat against a possible choke...



...and makes space to sneak his left hand in front of his face with *kakie-uke* to assist in breaking the headlock.



As the attacker releases his right hand from the headlock to strike, McGuire grabs his foe's biceps from behind while also rolling his left hand around to hook the wrist...



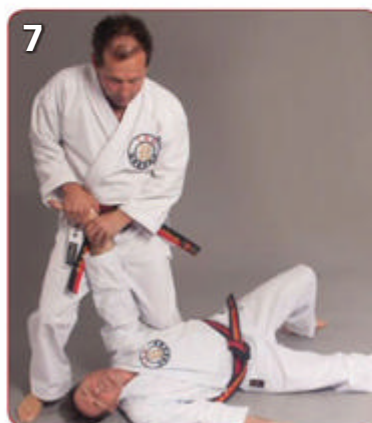
...then, while controlling both the attacker's arms, McGuire knees hard with his right leg into the hamstring of his attacker's near leg...



...and sweeps it out as he stands, straightening his spine and head to regain his fighting stance and base of support. Still holding on to the attacker's arms...



6 ...McGuire pulls/spins his foe down to the ground. Keeping hold of the near arm for control, McGuire drives a knee into his foe's ribs...



...then pins him with it. Pulling the attacker's arm upwards, McGuire levers the elbow against his thigh for an arm bar while also cranking on his opponent's wrist, pushing down on the fingers with his right hand.



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TECHNIQUE WORKSHOP WITH JOHN JORY



Defence against a headlock and punch:

Rolling Thunder Martial Art

JOHN JORY

Dr John Jory is ranked 5th Dan in hapkido under Grandmaster Sung Soo Lee and 2nd Dan in judo with the International Judo Federation. In establishing his own martial art, Rolling Thunder, Jory has also incorporated aspects of the Chinese internal martial art of bagua, as taught to him by Master Liu De Ming, and Wing Chun kung fu, as taught by Sifu Gabriel Yaman.

A registered medical practitioner and psychologist specialising in sports, Dr Jory was a ringside physician for 15 years and was also the psychologist for the Australian women's Olympic judo squad in 1999 and 2000. He has long been involved in judo administration, holding various positions including secretary and coaching accreditation coordinator of Judo Victoria (from 2004 to 2011) and coaching accreditation coordinator for the Judo Federation Australia (from 2008 to 2011). Prior to these appointments, Jory was a consultant to the Victorian Institute of Sport for eight years.

Dr Jory is also a member of the medical board within the Professional Boxing and Combat Sports Board of Victoria, but still finds time to run his full-time school in Balaclava, Melbourne.

Q&A In your opinion and experience, what are the most important elements of self-defence?

Firstly, immediate reaction. All the self-defence knowledge in the world is useless if you respond to an attack by freezing, cringing or withdrawing. There is no right or wrong response to an attack, as long as you do something — the only wrong response is to do nothing.

Secondly, practical techniques. I was a licenced crowd controller from the time I left school until a few years ago. I can state from my own observations that the majority of martial arts practitioners who are attacked in the world at large get the living suitcase flogged out of them. Most self-defence classes are taught by an instructor who has never been in a fight in his life and who, in turn, was taught by an instructor who had never been in a fight in his life. This can reach back over many generations of instructors. As a result, students find that even if they do manage to fight back, their techniques just plain don't work. In my opinion, nobody should be allowed to teach self-defence until he or she has been tested against strangers and proved that they know what they're talking about.

Lastly, being a 'fighter'. A fighter will always beat a non-fighter. A fighter from a bad martial art will always beat a non-fighter from a good martial art. Being a fighter is a psychological state, and if a self-defence course doesn't teach this, then it is as useful as a ballet class.



When grabbed in a headlock from the side, Dr Jory immediately turns his head inward, lowers his bodyweight as much as possible...



...and, as his aggressor moves to punch, Jory reaches behind to attack with a finger-crush to his ribs...



...and exploits the aggressor's reaction by driving up and back, bringing his hips in under his foe's and pulling him off balance.



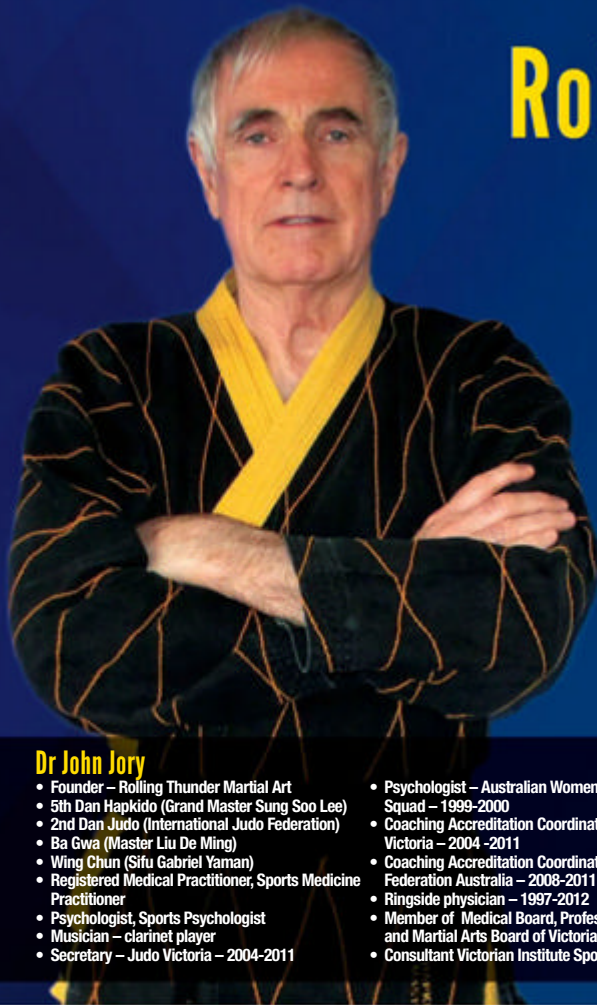
Using downward leverage on the aggressor's shoulder while pushing up into his hip, Jory uproots his opponent by stepping past him to the rear...



...then as his opponent falls, Jory drops to one knee and secures his foe's near wrist...



...twisting it outward to effect a lock as he drives a punch down into the ribs.



Rolling Thunder Martial Art

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Dr John Jory

- Founder – Rolling Thunder Martial Art
- 5th Dan Hapkido (Grand Master Sung Soo Lee)
- 2nd Dan Judo (International Judo Federation)
- Ba Gwa (Master Liu De Ming)
- Wing Chun (Sifu Gabriel Yaman)
- Registered Medical Practitioner, Sports Medicine Practitioner
- Psychologist, Sports Psychologist
- Musician – clarinet player
- Secretary – Judo Victoria – 2004-2011
- Psychologist – Australian Women's Olympic Judo Squad – 1999-2000
- Coaching Accreditation Coordinator – Judo Victoria – 2004-2011
- Coaching Accreditation Coordinator – Judo Federation Australia – 2008-2011
- Ringside physician – 1997-2012
- Member of Medical Board, Professional Boxing and Martial Arts Board of Victoria
- Consultant Victorian Institute Sport – 1992-2004

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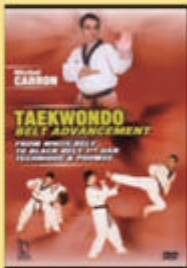
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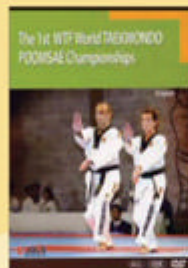
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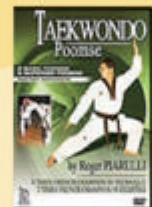
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THE EXPERT

Joe Thambu Shihan, 7th Dan, is the chief instructor of Aikido Shudokan, and teaches at his two full-time aikido schools in Melbourne. There are also Shudokan dojos across the globe and students frequently travel to Australia for a unique full-time training experience

with Thambu Shihan. In addition, with over 40 years of aikido practice and a very dynamic, effective and practical style of aikido — the Yoshinkan system, based in Tokyo, Japan — he is much sought after to share his martial arts knowledge around the country and the world. With decades

of experience in the security industry, Thambu is also well known for his specialist seminars on control and restraint methods.

THE DRILL

There are two aspects of the drill: one is turning and the other is the shifting of your

weight. In both of them, you have to keep your posture and balance while keeping your partner in check.

You have to try and blend with your partner's attack rather than clash with it by utilising different angles that work against the weak points of the opponent's

SOLO DRILL 1



Begin in a frontal stance with shoulders square.



As you move your right hand to your left shoulder, you start pivoting on your right leg...



...and complete as big a turn as you can, while maintaining your posture and balance, and keeping your focus ahead of you.

SOLO DRILL 2



Begin in a frontal stance with shoulders square.



Moving back 45 degrees, fix your hand to your shoulder and drop your weight onto the back leg...



...ensuring that, even though your weight has shifted back, your posture and balance is maintained and your focus is forward.

DRILL 1 APPLICATION



Starting in a square-shouldered stance, maintain your focus on your partner. As they grab your gi...



...you simultaneously strike and turn, moving forward and across the opponent...



...sinking your weight as you go, and fixing your hand and your opponent's hand to your chest (as per the drill), to draw your partner's balance.

4

With a little shift of the hip and front leg, you can then set up a wrist lock (*nikajo*). Alternatively, in this position you can set up other techniques or strikes.



structure, and don't battle their intention directly (for example, they grab to try to pull you, so rather than pull back, you redirect your weight sideways). You must also fix your hand to your chest as you move, so that when you move again, they are anchored to you and will be drawn further off balance.

The solo drills with which we begin are used to learn the basics of fluid weight-shifting with a step and staying balanced throughout the move — if your own balance is compromised, you cannot affect your partner's in the way you need to.

THE RESULT

These concepts can be used in a variety of situations where a shifting of weight or evasion can simultaneously set up a technique and break the opponent's balance. As well as learning to maintain your own balance in movement and better understand how it is compromised, drills such as these — especially when translated to the advanced application against a live, resisting partner — give you the necessary sensitivity to shifts in weight and direction to make your timing and technique work effectively together. ■

DRILL 2 APPLICATION



Begin in a frontal stance with shoulders square.



Strike as you shift your leg fractionally, to move off your partner's centreline...



...and continue out into a 45-degree angle, dropping your weight into the arm to take your partner's balance completely.

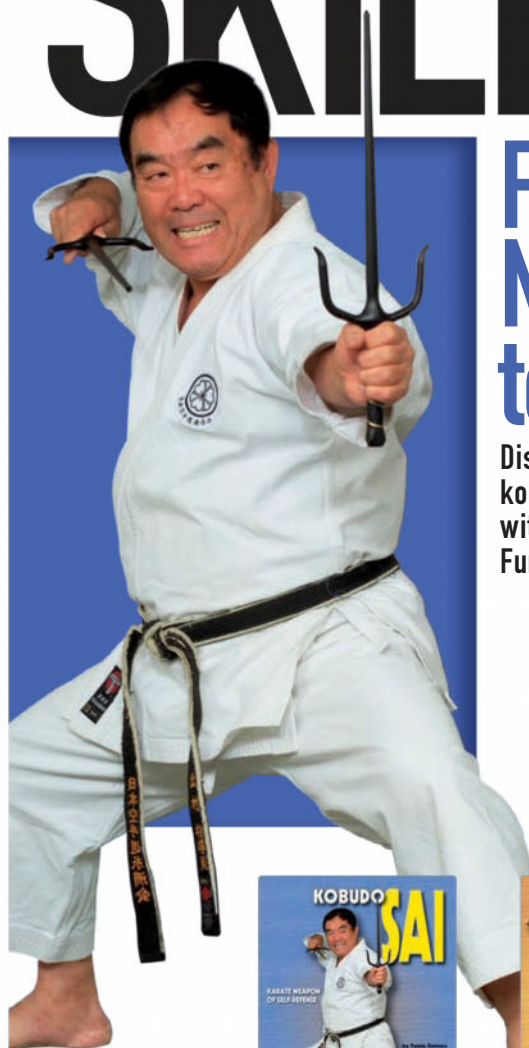


With a shift of the hips (and bringing the unloaded foot around behind), again, you can set up a wrist lock or alternative hold, or strikes.

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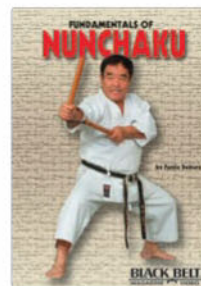
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Heart rate variability is a concept that can improve your training with the aid of a simple device or app.

For the recreational athlete, target heart rate zones are useful for cardiovascular training and dictating the intensity of a training session. The most popular method used to measure your target heart rate is the Karvonen formula:

Target Heart Rate =
 $((\text{max heart rate} - \text{resting heart rate}) \times \% \text{ intensity}) + \text{resting heart rate}$

Or
 $220 - \text{age} \times \% \text{ intensity} + \text{resting heart rate}$

Over the years, it's been shown that measuring an

athlete's resting heart rate of a morning and checking to see if it was unusually elevated could determine whether the athlete was sufficiently recovered or overtraining, or even ill.

In the last two decades, something even more exciting has been discovered that can help us determine how hard we should be training and how we are recovering. Heart rate variability (HRV) is the physiological phenomenon of variation in the time interval between heartbeats. It is measured by the variation in the beat-to-beat interval and may sometimes be called 'cycle length variability' or 'heart period variability'.

So how does heart rate variability work?

The origin of your heartbeat is located in what is called a 'node' of your heart; in this case, the sinoatrial (SA) node. In your SA node, cells in your heart continuously generate an electrical impulse that spreads throughout your entire heart muscle and causes a contraction. Generally, your SA node will generate a certain number of these

electrical impulses per minute, which is how many times your heart will beat per minute.

Heart rate variability is the variation of beat-to-beat intervals, also known as R-R intervals. An electrocardiogram (ECG) measures the electric signal originating from the heart. The most distinct feature of the ECG is the QRS complex, which consists of the Q, R and S waves and originates from the electrical activation of the heart ventricles. You have probably seen this watching movies.

The diagram below illustrates the variation of time between R-R intervals.

HRV indicates the fluctuations of heart rate around an average heart rate. An average heart rate of 60 beats per minute (BPM) does not mean that the interval between successive heartbeats would be exactly 1.0 second; instead they may fluctuate/vary from 0.5 up to 2.0 seconds.

While the rhythmic beating of the heart at rest was once believed to be monotonously regular, we now know that the rhythm of a healthy heart

under resting conditions is actually surprisingly irregular. These moment-to-moment variations in heart rate are overlooked when average heart rate or resting heart rate is calculated. This variation is HRV.

Heart rate variability serves as a dynamic window into the autonomic nervous system or ANS, which regulates our bodies' unconscious actions, such as the heartbeat. The normal variability in heart rate is due to the synergistic action of the two branches of the ANS, which act in concert with mechanical, hormonal and other physiological mechanisms to maintain cardiovascular health and to permit appropriate reactions to changing external or internal conditions. The two branches are the sympathetic division and the parasympathetic division. These two divisions have opposing effects on the internal organs to which they send nerve impulses.

Your parasympathetic nervous system influences heart rate via the release of acetylcholine through the vagus nerve, which can inhibit activation of SA node



ISTOCK



activity and decrease heart rate variability — but this isn't a good thing. The higher your heart rate variability, generally the better your ANS health.

In contrast, your sympathetic nervous system influences heart rate by release of epinephrine and norepinephrine, and generally increases activation of the SA node and increases heart rate variability.

Why is this now seen as important and why have there been numerous scientific studies to determine its value? Because there is a significant relationship between the ANS and cardiovascular mortality, including sudden heart attack. Not only this, the heart actually sends more information to the brain than the brain sends to the heart via the ANS, and so the rhythmic patterns produced by the heart directly affect the brain's ability to process information, including decision-making, problem-solving and creativity. They also directly affect how we feel.

A number of studies have shown that HRV is an important indicator of both physiological resiliency and behavioural flexibility, reflecting our capacity to adapt effectively to stress and environmental demands. It has become apparent that while a large degree of instability is detrimental to efficient physiological functioning, too little variation can also be detrimental. In other words, some stress is good, but too much or too little is not.

Thus, the study of heart-rate variability is a powerful, objective and non-invasive tool to explore the dynamic interactions between physiological, mental, emotional and behavioural processes and it can be a predictor of cardiopulmonary

health and fitness as well.

Studies are also now showing that HRV is affected by aerobic fitness. HRV of a well-conditioned heart is generally large at rest. Other factors that affect HRV are age, genetics, body position (seated, standing, lying down, etc.), time of day, stress and emotions, and overall health. During exercise, HRV decreases as heart rate and exercise intensity increase. HRV also decreases during periods of mental stress.

If you're well rested and haven't been overtraining aerobically, your parasympathetic nervous

So the trick is really to push yourself and then achieve 'super compensation' — and thus a gain in fitness — by giving yourself full recovery.

system interacts cooperatively with your sympathetic nervous system to produce responses in your heart rate variability to respiration, temperature, blood pressure, stress, etc.

But if you're not well rested (i.e. overtrained or inadequately recovered), the normally healthy beat-to-beat variation in your heart rhythm begins to diminish. Heart rate variability indicates sympathetic and parasympathetic nervous system balance and proper regulation of your heartbeat by your nervous system, so a lack of it means that the delicate balance of your sympathetic and parasympathetic nervous system no longer works.

So the trick is really to push yourself and then achieve 'super compensation' — and thus a gain in fitness — by giving yourself full recovery.

As discussed in a previous article on the key to strength and overtraining, your stimulus plus recovery equals your adaptation.

The big question is, apart from biofeedback and your self-awareness, how do you know if you are recovering and getting healthier? If your recovery isn't good enough, then your adaptation is not a positive one. And HRV can show you exactly what is going on.

Recovery of a taxed parasympathetic nervous system cannot be gained simply by training less or with lower volume, or decreasing

adrenal function, including ashwagandha, eleuthero, epimedium and gotu kola.

Deep sleep – During deep sleep, your body releases large amounts of growth hormone for repair and recovery, and initiates cellular turnover that can speed up removal of 'junk' from a taxed musculoskeletal system.

Anti-inflammatory diet – Prioritise foods with natural anti-inflammatory properties, like dark-skinned fruits and vegetables (pomegranates, cherries, blueberries, plums, artichokes, spinach and broccoli are excellent), high amounts of omega-3 fatty acids (cold-water fish, cod liver oil, fish oil, etc.) and natural herbal anti-inflammatories like turmeric, cumin, garlic and ginger.

Diaphragmatic breathing and meditation – (As discussed in previous articles)

In regards to measuring HRV, you can get started with an app called SweetBeat by SweetWater Health on an iPhone for about \$7 or iThlete for both iPhone and Android at about \$11, and a Polar Heart Rate monitor for around \$85 to \$100. SweetBeat, which I'm currently using, requires a chest strap just like any heart rate monitor, whereas others such as iThlete require both a chest strap and a small ECG receiver that you plug into your phone.

To give you an idea of HRV scores, anything between 75 and 80 would be good. Anything above would be exceptional recovery and anything under would indicate insufficient recovery. Have a go for a while and track your results, and modify your training appropriately. Many serious athletes are having great success with HRV, and now you can too. ■

intensity. While reduced training certainly helps restore proper nervous system function, typically there are other strategies necessary to get fast and effective recovery from overreaching.

Interestingly, there are a number of ways to do this (some of which we covered in previous articles):

Cold exposure – Cold immersion can lower inflammation and markers of inflammatory damage, which allows the body to bounce back faster from an overreached state. Recovery sessions in the pool, the ocean or an ice bath can be so effective.

Adaptogenic herbs – Complexes like Tian Chi can act as a tonic for the nervous system. The ingredients of Tian Chi include compounds that may help to relieve adrenal gland stress and support proper

THE ART OF EMPTY HANDS

Goju Ryu karate's Shihan Andrew Roubas

For visual artist and karate veteran Shihan Andrew Roubas, Goju Ryu is certainly an art, and not just one of self-defence. When not using his hands to paint, he applies them to the 'way of the empty hand' in a quest for personal perfection that has been going on now for 45 years, since the Greek-born Roubas found karate as a way to assimilate and find a community in a new country. He tells his story to Jarrod Boyle.

STORY BY JARROD BOYLE

Like all practitioners whose life has been dedicated to their art, Shihan Andrew Roubas, 8th Dan in Goju Ryu karate, becomes philosophical when making sense of it.

"Just like a canvas that is being painted, often it is hard to reach perfection. There can always be an extra shadow or additional colour to add. But this is the measure of a real artist; whether it is with a paint brush or the empty hand."

For Roubas, this metaphor is especially apt, working, as he does, as a painter.

"I am an artist who creates murals and visual arts. This

has allowed me to develop an eye for detail, which helps in karate," reasons Roubas. "I am a perfectionist when it comes to...art."

Both painting and karate have given him a strong set of principles that inform everything he does.

"Even the simplest of tasks, such as arranging straight lines in the dojo before the bow...it must be perfect before we can begin. The smallest details are often the ones that get us closer to perfection."

Perfection, or the ceaseless striving for it, is the essence of his philosophy and the way Roubas engages with karate.

"I had always wanted to do

martial arts or boxing when I was growing up in Greece, [but] the opportunities weren't there; it was too expensive," he says. "I did get a taste of hand-to-hand combat in the Greek military, though, which I loved."

Roubas emigrated from Greece in 1970, at age 25.

"After a few months of being settled in Australia, I made the decision to start karate. I found the club [run by] Shihan Con Hardas in the Greek newspaper. It happened to be Goju karate."

As is so often the case, martial arts gave Roubas an extended community in his new home.

"I AM AN ARTIST WHO CREATES MURALS AND VISUAL ARTS. THIS HAS ALLOWED ME TO DEVELOP AN EYE FOR DETAIL, WHICH HELPS IN KARATE."



"After training we would go out together; socially, and of course to talk about karate. Our club had a strong community vibe; we were all friends. We used to train full contact in the dojo and enjoyed pushing each other physically, and always would go out together afterwards to laugh and reflect on the training."

Karate, given its Japanese heritage, also provided a space in which Roubas' ethnicity was parallel to that of the other Australians he trained with.

"After my first few months in Australia, I caught on well to the language. I was working and training with Australian people. Although, in the dojo there was a huge Greek community, who still train today. So this helped, also."

The language barrier was surmounted by the essential nature of training in the martial arts.

"Karate is beyond language barriers," says Roubas. "Even though I caught on to the English language relatively quickly, the dojo is a place where you can follow someone physically, rather than through language, and a place where the main language spoken was Japanese. I was on an even playing field with the Australians, because we were all learning a new language!"

Roubas has been involved in karate, both training and teaching, for over 40 years. In that time, both his focus and practice have evolved.

"The thing that attracted me in the beginning was the sparring; the discipline and the respect for fellow karateka. But as I've gotten older, I realise

my values are more focused on the training and educating [of others]; the family and friendship aspect of the club and the students involved in the art."

Kata isn't an archaic feature of practice in Roubas' syllabus.

"Kata is a measuring tool to give insight into how well someone can perform in all aspects of karate. It's a way of showing how they incorporate all aspects...into one; mind, body, focus, balance, timing, coordination and strength."

Both *ippon* (point-sparring) and full-contact kumite are an important part of the syllabus at Roubas Goju Ryu.

"We focus on point sparring for many of the kids that want to compete in tournaments," he says, "But it is important that our senior grades spar with focus and power and are encouraged to make strong contact to the body."

Some students will stay after class to practise kumite among themselves.

"It is not uncommon to see our Black-belts stay back after class has ended for kumite, but they do it because they love it and want another challenge."

Self-defence, of course, is also a feature. "We have many prearranged fighting techniques that we perform over and over again. Through repetition, we develop an automatic response system to an attack. So in a real-life situation you don't have to think about your response, it happens automatically."

Shihan Roubas has supplemented his training by branching out and studying the use of weapons.

"Kobudo weapons training is a big part of my karate," he says. "When you have a good karate base, the weapon

becomes an extension of the body. And when you learn weapons, anything that you pick up can be used as a weapon.

"I trained under Shihan Merv Oakley in the 1970s and learned kobudo weapons through him. I trained private lessons, every Saturday in Granville. In the years that have followed, I have continued training with weapons."

Roubas enjoys close ties with the Japanese hub of the International Karate Organisation (IKO) Goju Ryu, especially its leader, Soshihan Gonnohyoue Yamamoto.

"I first met Yamamoto in Sydney in 1983 through a visit organised by Shihan George Barounis, where I received my 2nd Dan," Roubas recalls. "I received my 3rd Dan [during] a second visit in 1984."

After that, Roubas travelled to the home of karate to train with his mentors.

"I was an *uchi deshi* [live-in student] for nine weeks and was graded to 4th Dan. I met many of the IKO high grades such as Mori, Maeda and Kamon, and many more in the Yabe dojos. This trip created great friendships that are still strong."

Travel to Japan has been an important part of Roubas' training and ongoing education. "In total, I've travelled to Japan three times and I'm planning another trip later this year," he says. He has also brought Yamamoto to Australia for the benefit of Australian students of Goju Ryu. "I organised Soshihan to visit Sydney for a 10-day seminar in our dojos for all IKO [members] to attend."

Yamamoto himself has been an inspirational part of Roubas' journey as a karateka, beginning from his stint as an *uchi deshi*.

"Yamamoto looked after me and opened my eyes to Japanese customs," Roubas recalls. "One of my most treasured moments of that

Japan trip was when Soshihan invited me to his house for dinner on my final night and presented me with a shredded [old] Black-belt, that was barely held together, as a gift to remember him.

"He said that this was his first Black-belt that he received from the great Yamaguchi [founder of Goju Kai]. This was the greatest of honours — it remains a cherished trophy [among] my collection."

Over 45 years, Roubas has made the transition from student to teacher, the well-worn path that shreds every Black-belt. In that time, every aspect of his art has changed.

"I am 68 years old," he says, "but please don't tell my students. They still think I am 21!"

"Before, I was always very aggressive in my kumite. But as I have gotten older and have more experience, I have learnt to wait for the right opportunities and get aggressive only when the time is right.

"Now I teach more. As I get older, karate becomes easier to teach. Over time you are able to recognise common mistakes that students [make], so an experienced sensei can get them on the correct path quickly."

The point of entry to that common path is different for every student, and experience has helped Roubas develop the acumen to choose how to involve every person in the way that best suits them.

"Everyone is an individual with different strengths and different weaknesses," he says. "Some learn quick and some learn slow, so you can't treat them the same."

Just as different students struggle with different aspects of karate, so too do different teachers excel in different areas.

"Our organisation is lucky to have many good Black-belts that share teaching duties. This allows them to transfer knowledge in areas they

excel in, [so] our dojo — and classes — [can be] split up to provide specialised lessons for a personal approach."

One of the most appealing aspects of Roubas Goju Ryu to the community at large is that while many dojos proclaim they are family oriented, Roubas teaches alongside one of his longest, most enduring students, his son, Stefan.

"It's like a gift having my son train with me," he says.

"Many other instructors I know have children that haven't continued training with their fathers.

"When we started our dojo in 1983, my wife helped with teaching the beginners and reached Shodan [1st Dan]. Our children didn't have a babysitter, so they were forced

to train, also. My daughter started at the age of four and reached 1st Kyu. My son started at the age of six and has continued for over 30 years now, reaching the rank of Shihan."

Aside from boosting the number of staff, karate has forged an especially strong bond between father and son.

"Karate has strengthened my relationship with my son," Roubas reflects. "It gives us common interests and creates a real family atmosphere in our dojo. Our father-son relationship has encouraged many other father-son/daughter relationships. It makes our dojo a 'real' family dojo."

"I started karate at the age of six," says Stefan



Top: Roubas training in Tokyo, Japan with senseis Mori, Maeda and Kamon in 1985
Below: Stefan and Andrew Roubas with Grandmaster Gonnohyoue Yamamoto



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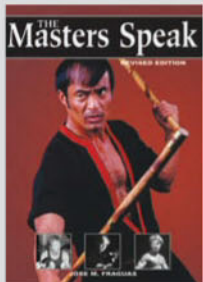
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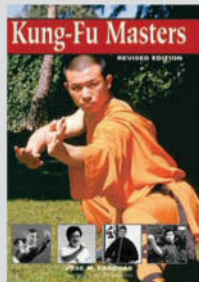
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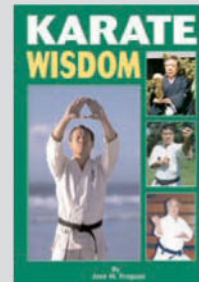
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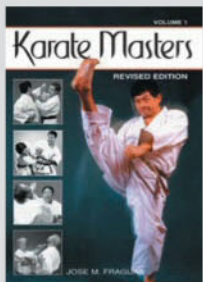
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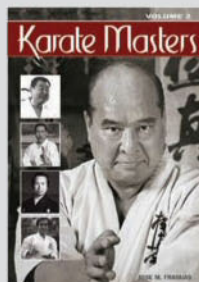
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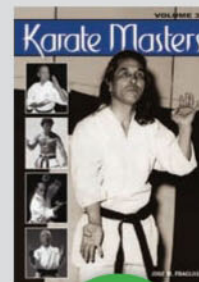
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Roubas, son and Shihan at Roubas Goju Karate. "I had no choice in the matter. My mother, father and little sister (Chrisoula) trained to help start the dojo with new students. Many of my cousins and aunties also started karate to support my father with the new dojo."

Having one's father as sensei is not always beer and skittles, however.

"Having your father as a sensei is a very unique situation," says Stefan. "As a child, my father always made me the example and picked on me so that all his other students could benefit from my correction."

"I was his son, of course, and he knew that offending me didn't matter because he was family. But this is difficult for a child, and had a negative impact on me, and I didn't like karate. I wasn't a very good fighter, either. In hindsight, all that unwanted correction has turned me into the karateka I am today."

Having his father as a sensei meant that Stefan had to develop a sensitivity to a situation that operated outside the boundaries of both karate and family.

"As I got older, in my late teens and early 20s, there was a lot of grey area of having dad as a sensei... I could speak openly to my dad, but couldn't do that in the dojo. All my friends in the dojo looked at my dad as a father figure, also."

One of the most interesting aspects of Stefan's practice is that he works as a civil engineer and in a truly Eastern way, sees a correlation between these two modes of work.

"Being a civil engineer allows me to see the science behind karate: body mechanics; equilibrium through the body; how the body battles against gravity

and generates force through the feet.

"In building, concrete is strong in compression but weak in tension. And steel is the opposite. Our muscles work in the same way. They are strong in compression, but need to stretch and reach to hit the target. [Karate] is a constant search for

equilibrium where we are most efficient in movement."

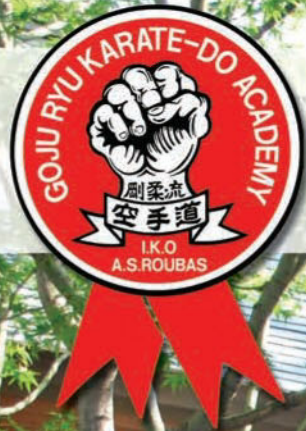
Karate, and martial arts generally, are a metaphor for living. Often, people not only find the skills to live life, such as discipline, but they also develop a means to talk about it. Roubas Goju Ryu is a place where family focuses on the art of karate. ■

"WHEN YOU HAVE A GOOD KARATE BASE, THE WEAPON BECOMES AN EXTENSION OF THE BODY. AND WHEN YOU LEARN WEAPONS, ANYTHING THAT YOU PICK UP CAN BE USED AS A WEAPON."



Top left: Roubas (left) with Sensei Merv Oakley in the 1970s
Bottom left: Roubas with his two children, Stefan and Chrisoula, in their early years of training





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Stefan Roubas
スザハナ コバス
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THE MAN Behind the Mag **PART 3**

An interview with *Blitz* publisher
and CEO Silvio Morelli

In this interview series, 40-year veteran of martial arts and *Blitz* publisher Silvio Morelli has given some insight into the early days of martial arts' development in Australia and the role of this magazine in the industry over almost three decades. He's spoken candidly about the characters, good and bad, the challenges and the many changes the martial arts in Australia have undergone in that time. Here in this final instalment, Morelli remembers the key people, turning points and 'light-bulb moments' in his own martial arts career. He also opens up about his greatest personal struggles and the role of martial arts in overcoming them, and looks to the future of the martial arts scene Down Under.

INTERVIEW BY BEN STONE & ZACH BROADHURST

You've dealt with all manner of styles and martial artists over the years, in both a business capacity and in training and teaching. Last issue you were asked about the negatives, but from a positive perspective, which of the martial artists and instructors you've met through *Blitz* were most memorable, and why?

That is one of the toughest questions I've been asked. I've been at the helm of *Blitz* now for 25 years and there have been so many memorable moments and instructors

over the years, both locally and internationally.

At one of the early seminars that he ever conducted here in Australia, Bill Wallace blew my mind, blew out my body, my hips and my legs (*laughs*). It was a phenomenal seminar and it really inspired me to develop my kicking even more. I always loved the kicking art form in martial arts and I was a relatively good kicker, but after training with Bill it took my kicking skills to a whole other level.

There were also people like Benny 'The Jet' Urquidez, who again blew me away, and Bill

and Benny are so different. Bill was into speed kicking, whereas Benny with his kickboxing was now employing muay Thai techniques, leg kicks, elbows and his power kicking was just unbelievable.

After doing the first ever seminar that Benny Urquidez did in Australia, I was just so pumped and inspired to go and train with him at the world famous Jet Center — that's where all the best fighters in the world were coming out of. That was a whole new revelation and it shocked my world. It shocked the other 20 guys in my group as well, and they were from all

over Australia.

So after training with Benny in Australia, I ended up making a trek to the US and the first time I went, I took about 20 guys with me. I'd been to the US a couple of times before and Los Angeles was almost like a second home, because I was going there every year for anywhere between four to nine weeks at a time.

After that first session with Benny, I remember sitting in my room very late into the night, my thighs wrapped in ice bags. We had just got so banged up from the very first session with Benny that afternoon and I



was in total shock, because I thought to myself, 'How am I going train every day and do this for another two weeks?' *(laughs)*.

Another great instructor that I met in America was Tadashi Yamashita. I got to train with him a couple of times and he had done a lot of work with my sensei, Richard Norton. I knew already the amazing speed this guy had in his hands and it was a fantastic time.

Rigan Machado again was one of those instructors who was instrumental in my martial arts development. I did all my BJJ training with him after my

introduction to BJJ by Rorion Gracie. I classify Rigan as my BJJ teacher as he was the one to really work with me and take me under his wing.

Another great instructor and an Australian icon is Tino Ceberano. I ended up becoming good friends with Tino. We ended up training privately and I learnt so much from him. Tino was my teacher's teacher, so he was like my grandfather in martial arts. That was really special.

Those are the guys that stand out in my mind apart from my sensei, Richard Norton, of course.

What are the most vivid memories of lessons learned or new discoveries made in your martial arts journey — experiences you would describe as turning points or 'light-bulb moments'?

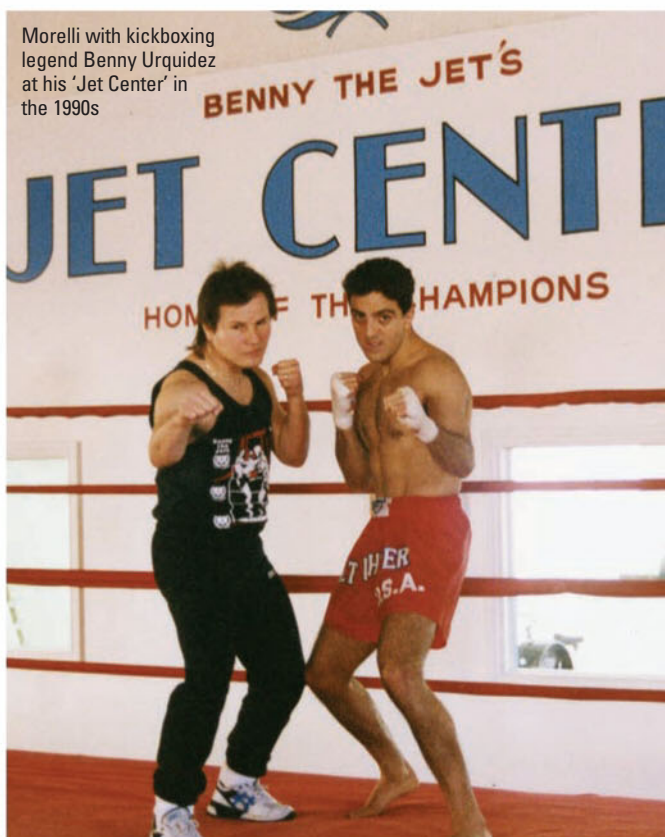
One of the people that was really instrumental was my good friend John Will. John and I for many, many years spent a lot of time together training and John is one of those people who helped me to open up my mind and open my eyes to all kinds of things. He was very progressive; he wasn't one of those people you could box in and he was always thinking outside the square. Apart from the great training we did, John really helped me to open up my thinking and my mind.

Other key moments were with people like Benny Urquidez, because of the kickboxing and impact training I learnt from him, and also Rigan Machado, because of all the grappling training we did.

One of the turning points I suppose was about 20 years ago, when I started to practise meditation. I was introduced to transcendental meditation by a friend, and after being taught the meditation, I had a light-bulb moment.

I finally understood the concept of *zanshin* within karate and that is the concept of 'no mind', rather than being totally involved in thinking

Morelli with kickboxing legend Benny Urquidez at his 'Jet Center' in the 1990s



Goju training with Soke Tino Ceberano under a waterfall in Hawaii



while doing techniques or sparring. That concept of clearing and being still in the mind is the essence of meditation and the goal of 'one-pointedness', stilling the mind so there are no thoughts.

Your training in recent years has incorporated yoga as well as meditation — what changes have these practices brought into your life? Have they changed your overall perspective, and possibly your approach to martial arts too?

When I started meditating, it became a very important part of my daily existence. I got into the habit of waking around 5:30–6:00am; I'd have a shower, get dressed for work and then meditate.

It was an almost religious practice, really, because it brought me so many benefits. Doing what I do and with all the things I've experienced over the years, meditation was the one thing that helped me to find peace, to be centred. I got a lot of physical and emotional benefits out of it, because it helped my body to de-stress and helped to bring an inner peace and calm when you least think possible.

About 12 to 13 years ago when I met my wife, she was a devoted yoga practitioner — a true yogini. She introduced me to a style called Ashtanga. I thought I was training hard in martial arts, but let me tell you, this form of yoga is very fierce! It is one of the original yoga forms that originated from Krishnamacharya, the originator of yoga.

Yoga is not just a physical practice, it's a spiritual practice. The postures of Ashtanga yoga are extremely fierce and a few minutes into my workout I'm sweating, my muscles and my lungs are burning like you would not believe — and I thought I was really fit!

I have really enjoyed the yoga and it has helped me physically to lengthen my muscles and given me a whole different core strength, but

the spiritual practice is also something that has been very, very important to me.

Yoga and meditation is just part of what I do; it's not the 'be all', but on a physical and spiritual level, there is no other practice that equals Ashtanga yoga. I see many benefits in the practice of meditation and yoga for my martial art.

How would you describe the difference between how these activities change the body and mind, and the effects of martial arts practice in these areas? How does the feeling differ between stepping off the tatami after a hard karate session and finishing a session of yoga, for example?

Quite different (*laughs*). On the dojo floor it's very physical — the goal is obviously to be in control of a physical situation, to control or incapacitate your opponent. So, the training in martial arts is obviously physically quite hard, but there is a definite sense of relaxation afterwards and the training helps the body de-stress as well as become fit and strong. The difference and goal in a yoga session — even though Ashtanga is quite fierce — is to concentrate on the breath, and the goal through yoga is to achieve stillness of the mind, the ability to develop a state where there are no thoughts.

There are some parallels, but the major difference is that yoga is an art of nonviolence — not just to others, but nonviolence to yourself, to animals and the environment — whereas martial arts is a practice where you learn how to hurt, incapacitate and control someone else. So the interesting thing for me has been this contradiction of philosophical values.

You have stepped back from martial arts since passing over your school some years ago, and have been busy with your other business ventures. Are you still managing to train? What does your average

week of fitness activity involve these days?

I mentioned in one of the earlier interviews that I had certain values and beliefs in regards to my martial arts that I didn't want to compromise; that meant that my schools would take a long time to grow, and at the same time I was building my publishing business. The publishing business grew much easier than the schools and that was the vehicle that was paying the bills. So, there was a point where I had to make a decision to step back [from teaching].

I still train most days and it varies from bag work to weights and cardio. Last year I bought a Total Gym, which was made famous by Chuck Norris and I've been road cycling for coming up on four years.

Physical training is still very important to me; for 40 years now I've always practised martial arts, gone to the gym, done cardio and all kinds of martial art training. So, a lot of my conditioning is still there and I probably train a minimum of three-to-five days a week. I have to get up earlier now, 5:15–5:30 in the morning, to fit everything in. I've built a gym at home, I've got my bag, my Total Gym, barbells and dumbbells, and cardio equipment, and I change my routine so that it keeps me fresh and motivated.

You had a pretty serious cycling accident a couple of years ago. How did that affect your ability to train, generally, and practise martial arts?

That was probably the worst injury I ever had from my training. I remember riding with the Black Rock cycling group on a Saturday morning and coming off my bike going around a bend, trying to avoid the wheels of another rider. I came down and fractured my pelvis in two places, so I ended up in the Alfred Hospital overnight. I was on my back for about two weeks, unable to move, and it was just the most painful injury I've ever experienced (*laughs*).

I was ingesting morphine

“Physical training is still very important to me, for 40 years now I've always practised martial arts, gone to the gym, done cardio and bag work.”



tablets, endone and another painkiller. Endone and the other painkiller are very addictive, and I was out of action for three months, but thank goodness I've recovered. I'm back doing all my normal things, as well as getting back on my bike — much to my wife's disgust (*laughs*).

It's been a long time

since you've had to use your martial arts in a physical sense, but would you say you're still applying your training on a daily basis? If so, how?

When you have trained for so long, you don't switch off. In 40-odd years, I've only had to use my martial art on the street on two occasions. The very first

time was self-defence one night at a nightclub and the other time was when I was working security at the Golden Gate in South Melbourne, where a fight exploded between 20-to-30 guys.

The benefits of my martial arts training and internal training comes into use every day, from confronting my fears to trying to stay centred in all kinds of situations and business, and to never giving up.

I've gone through all sorts of business challenges over the years. From some 25 years ago being financially down and out, working three jobs, sleeping four hours a

night in order to make sure my bills and creditors were paid — I couldn't have gone through something like that without the training I've done.

It's all those intangible lessons, traits and benefits that are a result of your martial arts training; that to me is the most important thing that any person can gain from their martial arts — because how often do you have to use your martial arts training on the street?

From a day-to-day point of view, your physical training you hardly ever use, but it's the philosophy, it's all the other benefits that can be very valuable in your life — and thank God for that.

As you mentioned, you've overcome some

experienced a whole spectrum of challenges, and that's what I call them. The break-up of my marriage and my three children was certainly a really painful point in my life. If it hadn't been for my martial art and my meditation, I think I probably would have been a bit of a basket case at the time. I don't know that I handled that situation any better than anyone else, but I certainly learnt a lot. I was strong and mature enough to look within and ask questions as to how I contributed to the situation, and tried to work on myself to try and not make the same mistakes again.

That sometimes takes a bit of courage, because when you look within, you see certain

and my martial arts, I probably would have given up, declared bankruptcy and my life might have been a bit different today. The decisions you make shape the direction you end up moving forward in.

You are big on persistence, and setting goals and achieving them. Of course, this involves great sacrifices at times. Looking back, are you happy with all the sacrifices you've made to get where you are today? Have they all been worth it, and is there anything you would have done differently?

Another good question. Everyone has goals and, ultimately, the bigger the goals, the bigger the challenges, the greater the sacrifices.

Sometimes those sacrifices aren't just on a physical level, but an internal level. I'm a great believer that, in order to grow and expand, you have to invest in yourself and you have to grow before things can happen.

Sometimes the sacrifices are more so to do with habits that we have formed and breaking those habits. For instance, if you want to become a great martial artist, you have to put the work in. The training that you do in the dojo is the learning; the sacrifice then has to be made outside of the dojo.

You have to train and put time in, so where does that time come from? You have to sacrifice watching TV and going out with your mates, and get up early in the morning. Are they sacrifices, or are they shifts in the way you look at things? Because ultimately they become benefits, really, and you expand and grow.

The same goes for business: things don't just happen, you have to work really hard and put in extra hours at the office — sometimes you just have to do that.

I have tried over the years to keep a balance between my business, my training and my private life and family. I will be the first to say that between my

"Everyone has goals and, ultimately, the bigger the goals, the bigger the challenges, the greater the sacrifices."

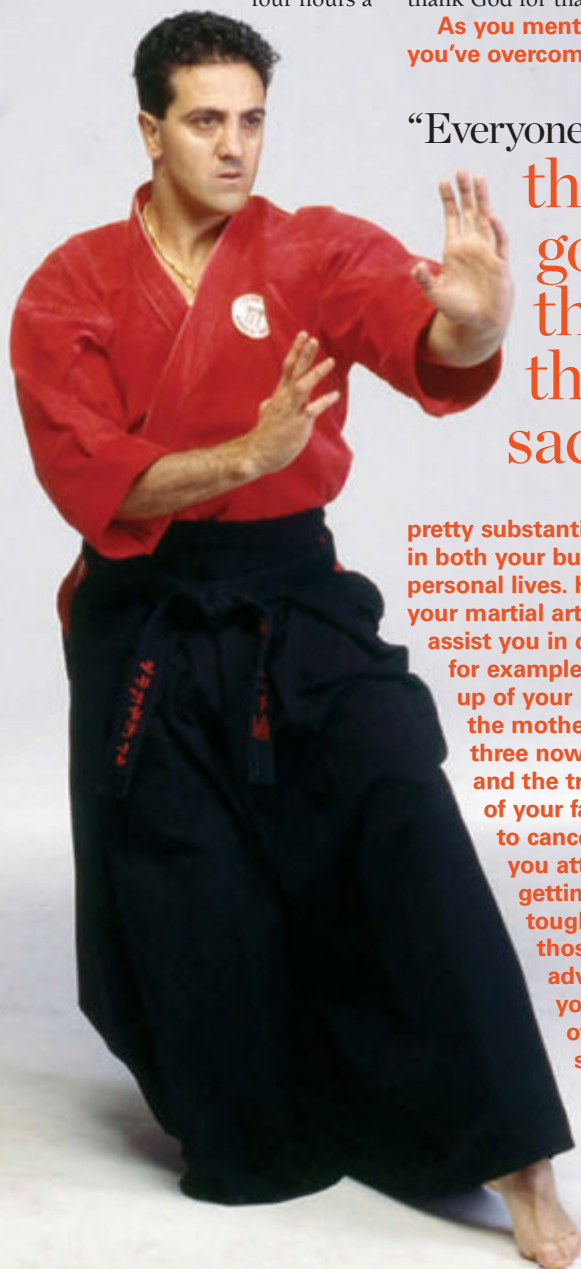
pretty substantial obstacles in both your business and personal lives. How did your martial arts experience assist you in dealing with, for example, the break-up of your marriage to the mother of your three now-adult kids, and the tragic death of your father due to cancer? What do you attribute to getting through tough times like those and what advice would you have for others facing similar trials?

Wow, that is another heavy question. I've

things within yourself that you realise are not so pretty. People either stick their head in the sand, or they do something about it and, again, I think it was my martial arts training that helped me to be strong to work on myself.

Losing my dad to cancer was a really significant time in my life. You realise that we are all mortals and we only have a certain amount of time. Obviously when a parent dies it creates all kinds of emotional things that come up and, again, my meditation and my internal training from martial arts helped me deal with that and move through it.

As I mentioned before, the period in my life when I was down and out financially, if it hadn't been for my meditation

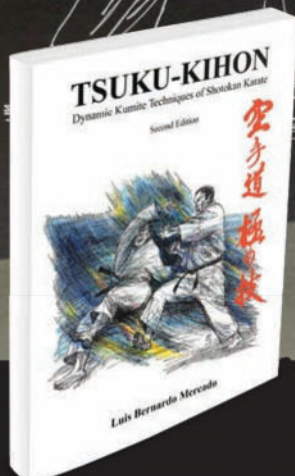


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late teens, when I first started training, and my early thirties I was out of whack. There was no balance in my life; it was all training, training, training and everything else took second place.

When my kids came along, it was like a big sledgehammer and I wanted to be a great dad, so I started to adjust my life and started to spend more time with my kids and family. Things like going out to martial arts events, kickboxing events, I started to step back from those things and put more time into my family.

Were those things sacrifices? No, but there have been times when I've had to put time into the business, because that is what is taking care of my family.

Has it all been worth it? It depends on how you look at things. Everything that I've experienced in life, whether positive or negative, has shaped me and I am the person that I am today because of all those experiences. I am grateful for both the positives and the negatives, because my greatest learnings have been from the negative things that have happened in my life.

It's not a matter of whether the sacrifices have been worth it and if I would have done things differently — maybe there are some things I would have done differently, but that is all great in hindsight. The decisions I made were the decisions I was meant to make. Some of those decisions brought positive results and some brought negative results, but out of those negatives I grew a lot. So are they negative, or were they really positive?

I don't think I would change anything. I've tried to be the best person that I possibly can be and we all make mistakes — I'm human. There is not a lot that I regret.

Of all the work you currently do, what brings you the most pleasure and satisfaction, and why?

I still really enjoy being involved in publishing, being involved in the martial arts and

Morelli practising with best mate Steve Ford at a Zen Do Kai training camp



With Bill Wallace (left) and 'Judo' Gene LeBell



being involved in the health and fitness industry. Sometimes there are contradictions that I have to face and deal with internally, but for all the negative or challenging situations, I still believe in what I'm doing. I try to do it with a different energy nowadays, because of my spiritual practice, but I still enjoy everything I do with the publishing.

Also being involved in the Arnold Classic and promoting the martial arts, bringing all the peak bodies under the one roof for the three days has been really exciting.

I am also involved in other business ventures to do with property and developing property, and I enjoy that, but publishing and martial arts still brings me the most satisfaction.

Finally, you've been around to see a lot of development in the martial arts, from the rise of 'freestyle' out of the traditional Chinese and Japanese arts to the emergence of kickboxing and muay Thai, the BJJ boom and, following that, a jump in reality-based training and now the infiltration of MMA programs into many dojos. Do you think the martial

arts are in a good place at present? And where do you think the scene is headed from here?

Certainly the martial arts are getting more mainstream exposure than ever before. From martial arts in Hollywood and films, with martial arts celebrities being involved in the film industry and in mainstream movies. From the Jackie Chan movies to the *Expendables* movies with Sylvester Stallone, to Jet Li and so on, the martial arts are enjoying an unprecedented mainstream exposure.

Then you have the UFC boom, and the kickboxing and muay Thai boom we went through a few years ago with Fox Sports airing the various shows. So, I think martial arts in the future have a great opportunity to reach the masses.

There are some wonderful martial arts instructors out there who have developed a much more open approach to their training and who are cross-training, and are bringing aspects of various arts into their schools.

With the benefits there are also the challenges, and one is that there are individuals out there who are exploiting the MMA and BJJ boom in a negative way — individuals

who are watering down their roots and system for financial gain. Yes, we all need to pay the bills, but I don't believe that we need to bastardise our art form for the sake of making a few dollars. We still have a responsibility to the people who walk in that door to teach them things that are going to help them, both on a physical level and on a mental and spiritual level.

I hope the martial arts keep growing, that the scene, schools and exposure keep growing, and more people get involved in martial arts, because the more people that are involved, the more mainstream it becomes, the more people it's going to help.

At the end of the day, you can't put a price on the benefits I derive from my martial arts training, but for me, the benefits are all internal. The person I am today isn't the person who started training at the age of 18. I know that if it had not been for my martial arts, if it had not been for my teacher and the other teachers I've met over the years, the internal work I did on myself, all the challenges and life experiences that I had, I wouldn't be the person I am today. And I like myself better today than I did when I was 18, 20 and 30! ■



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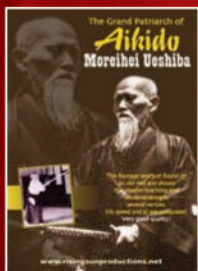
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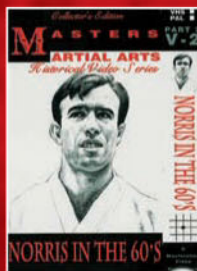
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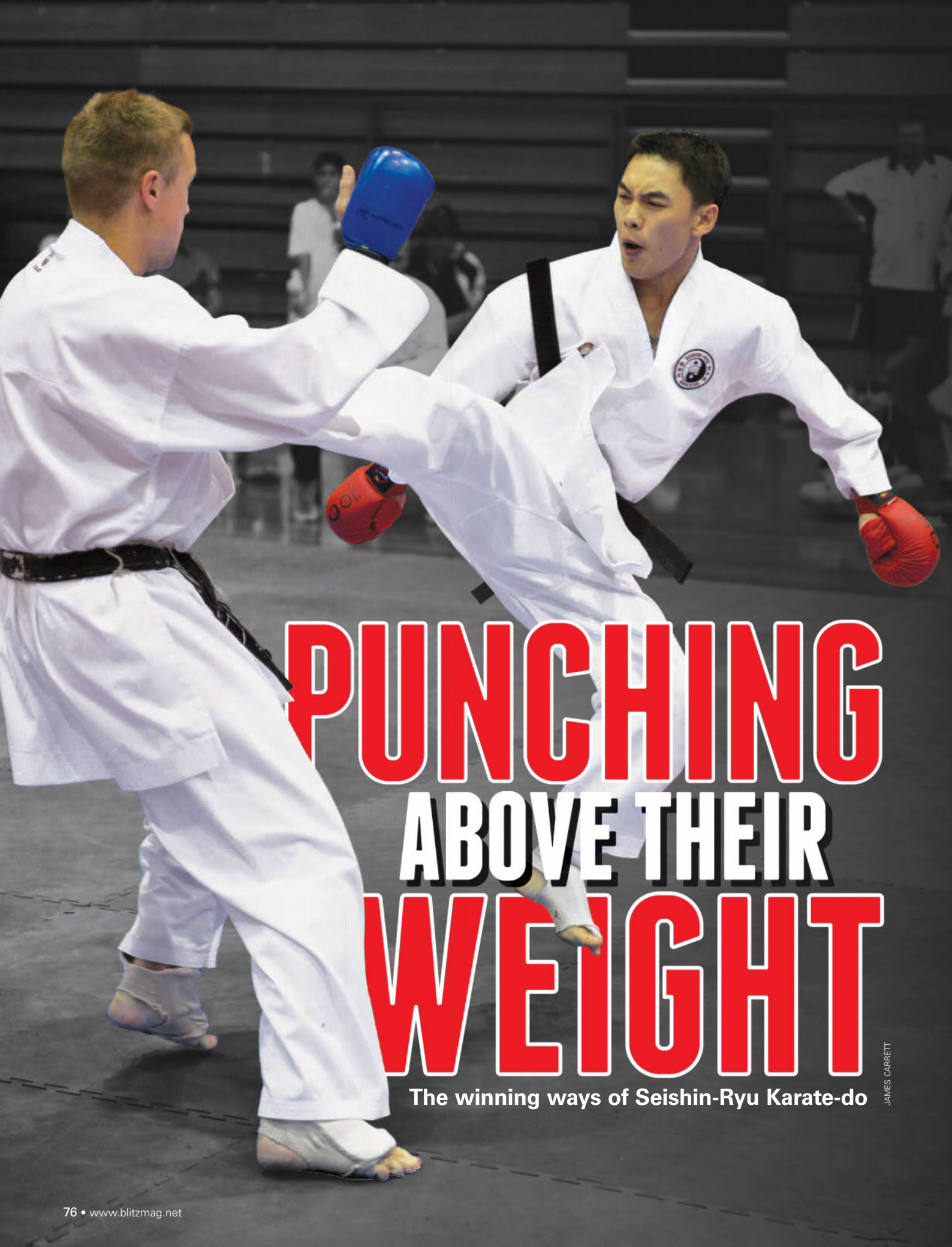
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PUNCHING ABOVE THEIR WEIGHT

The winning ways of Seishin-Ryu Karate-do

JAMES CARRETT

It's often the perception in life that bigger is better, but it's not always the case that bigger creates better. While some martial artists want to train at the biggest gyms in the country, some of the best athletes around can be found training in some of the smallest schools. Sensei Ettore Senatore, his son Delio and close friend Khai Tran run Seishin-Ryu Karate-do Australia, a small school in Queensland that packs a big punch. Their dominance on the NAS tournament circuit over the past few years brings an old saying to mind — 'It's not the size of the dog in the fight, it's the size of the fight in the dog.'

STORY BY ZACH BROADHURST

The NAS Champion of Champions title is one of the most coveted titles in Australian sports karate and it has been dominated over the past four years by Seishin-Ryu. In 2011 and 2012, Delio Senatore won back-to-back Champion of Champions titles before taking a well-earned breather from competition.

"I've taken a break from competitions for the last two years, as I have been competing since the age of six in the NAS tournament circuit," says Delio.

"This year I am keen to start competing again in NAS as well as the AFK competition circuit."

In Delio's absence, Khai Tran has stepped up to fill the void, taking home both the 2013 and 2014 titles for himself and for Seishin-Ryu.

"Like Delio, it was also my dream to win a Champion of Champions title," says Tran.

"Both Sensei Ettore and Delio encouraged me to compete for the title and achieve my dreams personally, and for my club."

The four-year reign has been a proud time for Seishin-Ryu, but especially for Sensei Ettore, who has taught both men for most of their lives.

"I am so proud of Delio and Khai," says Ettore.

"Not only for their achievement in tournament circuits, such as National All Styles, but as senior instructors for Seishin-Ryu and my close friends. You don't have to be a big club to have quality karate and train champions."

Ettore should feel extremely proud of both of the boys'

achievements in the sport, but especially those of Tran. In 2002 the young man was all set to give up karate but was convinced to stick it out by his sensei.

"Sensei Ettore has played a big part in my life and has made a huge impact on me," says Tran.

"I have known him for more than half of my life — I basically grew up in his house with his beautiful family. He treats me like his son and I see him as a father figure.

"In 2002 I was burnt out between training, competing and studying. I am so glad Sensei Ettore encouraged me to return to training. He said that it would be a waste of all the years and hard work I had put in if I were to give up karate. I believed that he was right and I started training again."

Sensei Ettore feels the often-political side of the sport may have also contributed to Tran's disillusion with karate.

"Khai was frustrated with the politics of the martial arts and decided to give it up," says Ettore. "He needed direction and motivation, so I convinced him that he had very good talent and only a few martial artists have that talent.

"I told him that he reminded me of my son and a time would come when we would have our own martial arts club the way we want it, with no politics."

It was this desire to create a politic-free zone that drove Ettore to form his own style, Seishin-Ryu Karate-do, with both Delio and Tran playing important roles as well.

"I have always had a passion for karate and a dream to one day open up my own martial arts club," says Ettore.

"I shared this dream with my son and Khai. Those dreams soon became a reality when I realised how much politics are in clubs and that true traditional martial arts was fading away, so we decided to leave our previous style at the end of 2005.

"We trained with many Goju and Shotokan styles after this period and attended seminars held by the world's greatest master, gaining a deeper knowledge and understanding of the art. It was then, in June of 2007, I started my style Seishin-Ryu Karate-do Australia, with Delio and Khai as my senior instructors."

In establishing his own school and style, Ettore wanted to get back to a more traditional style of martial arts that he felt was disappearing in Australia, a desire to do the basics well and build from there.

"My sensei's school follows old karate tradition of hard practice, perseverance, respect, attitude and discipline," says Delio.

"He works a lot on plyometric activities to improve speed and agility, which is a key element to having good sport karate and tournament fighting.

"Sensei Ettore teaches that hard training equals results — what you put in is what you will get out of your training," adds Tran.

"However, there are many elements in his hard training, and they don't just

include karate. Speaking about tournament fighting especially, these elements include developing your speed, explosiveness, power, reaction time, ring craft, agility, knowing your reach and distance. That means knowing when to attack and when you should be on your guard."

Physically, training is obviously an enormous part of any sport, but Ettore and Seishin-Ryu also put a lot of focus on mental preparation and it's this element that allows his students to perform so well under pressure.

"Many arts focus on the physical aspect of karate," says Ettore. "Although I believe in not only physical training of the body, but also training and preparation of the mind. Motivation, confidence and self-esteem are key factors to improving oneself and achieving what they thought to be impossible."

It's this approach to training that benefits Ettore's students and fellow sensei alike.

"The most powerful element that Sensei Ettore teaches is training your mind," says Tran. "I believe that mental preparation is the most important element that you need to have. He teaches us to visualise ourselves doing our techniques perfectly over and over. To visualise ourselves scoring points over our opponent and performing a kata perfectly every time."

"My father believes that karate should be a journey of the complete physical and mental body. Students learn to

be confident about themselves and to have a positive outlook to life,” says Delio.

With the school taking home the past four Champion of Champions titles, it's obvious that Ettore is getting the most out of his students. Despite Seishin-Ryu's dominance in tournaments, however, Ettore doesn't focus on sports karate in regular classes, instead having separate classes for those keen to compete.

“Sensei's school does not focus on tournament karate,” says Delio.

“Although he does have a tournament team for students who would like to compete and have fun, these designated classes focus only on tournament elements such as point sparring, footwork, endurance and ring work to name a few.

“The main focus of Seishin-Ryu is traditional karate basics (*kihon*), step sparring, free

sparring (*kumite*), forms (*kata*) and self-defence application (*bunkai*),” adds Ettore.

“Our classes do not focus on sports karate; rather, we have special tournament classes held on Sunday and Wednesday evenings, which focus purely on sports karate. To attend these classes students must be a member of the tournament team and provide a full commitment to training throughout the whole year.”

Ettore also separates the tournament classes from Seishin-Ryu's everyday classes, as he feels it's hard to train for both sport and self-defence concurrently.

“I do not believe sports karate complements self-defence,” says Ettore. “Training for sports karate is very different than training for a real-life self-defence situation. This is because sports karate is structured around a system with a set of rules, whereas in a real-life situation there are no rules.

“This is the main reason why we have separate classes that focus on both sport karate and true-tradition martial arts and self-defence. There is some value to sport karate training, which can be translated to self-defence, — this being speed, power, timing, reading your opponent, aerobic and anaerobic endurance.

“One of our major focus points in Seishin-Ryu is the application and understanding of *kata* through *bunkai*. This coupled with *kumite* allows students to utilise their

understanding of the art in a realistic self-defence situation.”

One man who knows Sensei Ettore very well and has witnessed Seishin-Ryu's dominance first hand is NAS president and KenshinKan Karate chief instructor Kancho James Casey. He is a big supporter of Ettore and all he has done with Seishin-Ryu.

“Sensei Ettore has always conducted himself as a gentleman and is passionate about his style and his students,” says Casey. “He continues to further his knowledge of the

**“I BELIEVE THAT
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From left: Khai Tran, Sensei Ettore Senatore and his son Delio



Tran fires on Dean Gould in the NAS 2013 Champion of Champions final

JAMES CARRETT



Tran is hoisted by his teammates after his 2014 NAS title win

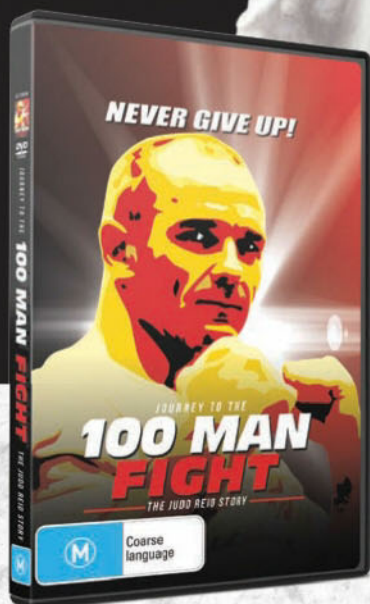
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Tran on his way to his second Australian title in National All Styles' open-weight point-fighting, 2014

DAVID PALFREMAN

martial arts by travelling to Japan, or having international instructors conduct seminars."

As president of NAS, Casey has also seen both Delio and Khai grow from children into competitive multiple champions.

"I've had the pleasure of watching Sensei Delio grow up, competing in the eight-to-nine-year-old divisions," says Casey.

"As he grew, he trained hard and went on to win state and national championships right up to his adult age, fulfilling his dream of being Champion of Champions — taking it out twice was something he did not expect to do.

"Sensei Khai conducts himself very honourably on and off the competition arena. However, once he gets on the mat, he is totally focused on winning and has always shown the utmost respect to all he has competed against. He has gone on to be not only Champion of Champions, but also state and national champion in kata/forms."

With both Delio and Tran competing in the NAS circuit this year, the NAS Australian Championships and especially the Champion of Champions event will certainly be an interesting one for both men. However, Tran feels there will be no desire to outdo each other and be the first to claim a third title.

"There is certainly no



Delio Senatore kicks his way to a NAS Champion of Champions title victory in 2012

competition between Delio and myself," says Tran. "We strongly support, encourage and respect each other's talents, with a mutual focus on helping ourselves and our students improve their karate."

Sensei Ettore shares his student's sentiment. While admitting that both Tran and Delio are very competitive people, he believes that the fact they will both be competing together will only

push them further and tighten the connection between the young men.

"Delio and Khai both have a very competitive nature, although they have always displayed respect to one another," says Ettore. "They continuously push each other during training, improving their skills and mastery in the arts. With future ambitions in the NAS and other tournament circuits on the horizon, I believe

this bond will only strengthen."

Regardless of how the young fighters perform against each other, Casey is looking forward to seeing both men continue to develop, both as martial artists and as role models for the sport.

"Both these boys are still very young and are multitalented," says Casey. "Most importantly, I feel they are both excellent role models for the future of NAS and martial arts in general — I wish them all the best." ■

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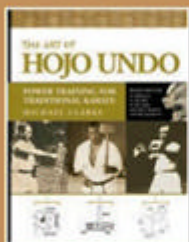
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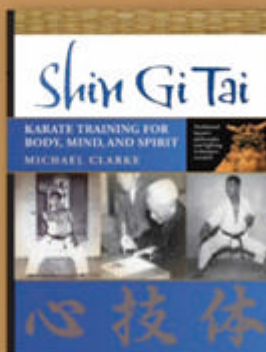
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The Comeback Queen

It's a story often told by retired athletes: the camaraderie of a team and the excitement of competing before a roaring crowd make the lure of competition hard to fight. As a result, we often see great athletes come out of retirement with varied levels of success but often as shadows of their former selves. Kahlia Smith is a rare exception, having returned to competition after a six-year hiatus to produce a series of stellar performances, culminating in her capture of the 2014 National All Styles Champion of Champions title. *Blitz* spoke to Kahlia about her return to competition and what's next for the comeback queen.

INTERVIEW BY ZACH BROADHURST

How did you get started in martial arts?

I was born and raised into Shukokai Karate. By the time I was born, my father and brother had started, and my mother started about six months after I was born. So, I kind of grew up on the sidelines and started doing classes when I was about three or four years old.

How would you describe your own personal style of fighting? What are your main strengths?

I guess I'm more of a reactionary fighter. I definitely wait for the person to attack so that I can pick my point and try and sneak something in. The main strength I get comments on is my hand speed. A lot of the refs throughout last year came up and said, "You are really quick and you have good hand speed." So that was a nice thing to hear.

We hear you took several years off from competitive karate — is that right?

Yeah, I took about six years off and still did some light training, but last year was my first year back into it. I kind of made the decision around November of 2013 that I'd go back, so it was a bit hell-for-leather to get into the first competitions of 2014.

What made you want to get back into it?

Smith (left) on her way to becoming the 2014 NAS Champion of Champions



DAVID PALFREMAN

I like to challenge myself. It was more about just knowing that I can still do what I used to do when I was 18 and competing. I also missed the feeling of walking out onto the ring. There is a particular feeling you get when you are out there and it's something most people miss if they ever let it go, so I wanted to get back to that.

Can you outline your weekly training schedule leading up to the competition?

I have a pretty full-on schedule, because I work a full-time job and I fit in training morning and evenings. Generally I'll do two-to-three hours of training a day, which includes my classes as well as my cardio and strength

training — it's usually a pretty full-on week.

Talk us through the tournament finals. Who were the toughest opponents and were there any particular moments that stood out?

There were quite a few; even in my normal weight division, there were a few people I hadn't seen before from different states. It's

always interesting when you meet those people, but I suppose coming up against last year's Champion of Champions and another ex-Champion of Champions as well — in the Champion of Champions fight — was interesting. Both the girls being from Queensland, I've had an opportunity to work with them throughout the year at the normal rounds. Pania Casey-Williams was my last [opponent] and it was good. We've all fought each other before, so it was about making sure I didn't make a wrong move, because I knew what they were both capable of.

What was your mental approach to facing Pania Casey-Williams, a past winner, in the final?

It was a challenge, particularly because it was my first year back and I was putting a lot of pressure on myself. I hadn't really expected to go that far throughout the year and to get to that point, so there is a lot of mental pressure.

I just tried to remind myself throughout the whole year, and particularly on the day, that whatever happens, I'm there to learn and see where my skills are. It's good to come up against someone who's at such a high level, because you can learn where you are lacking and what is working. You want to win, but it was always more about learning what I needed to work on at the end of the day.

There is a bit of a height difference between you and Pania; what do you have to be careful of when taking on smaller opponents like her?

It's always difficult. I think she's a lightweight and I'm in the heavyweight division, so apart from height there is a big weight difference too. I was more worried about actually making contact and hurting her, so you think about that when you are out



DAVID PALFREMAN

The Fighter's Tips

Kahlia Smith on the best way to avoid injury in karate:

Just be mindful of what you are doing when it comes to training and being out on the competition floor. You've got to be able to read your body and if you've got a slight twinge somewhere, then take it seriously. It might seem like nothing to start with, but as you keep pushing and pushing, your body is eventually going to fall out on itself — I definitely take things like that seriously.

On how to prepare mentally on the day or night of competition:

I try and keep things as normal as possible, so the night before I have a normal dinner, go to bed at the normal time and when I'm there it's just trying to relax. I'm the head coach for our team as well, so I spend a fair bit of the day running around, but when I can I'll sit down, put some music on to try and empty my mind and zone out for a little bit, so that I can destress before my division.

Smith stays on her toes against power-kicker and former Grand Champion Pania Casey-Williams

"It's good to come up against someone who's at such a high level, because you can learn where you are lacking and what is working."



Smith with NAS president James Casey (left) and VP Gary Palmer

there too, just making sure an accident doesn't happen — you don't want to hurt your opponent.

She's definitely got fast legs and she can get them up to head height, so it was just about making sure I had enough distance on her and thankfully I did have a bit of height and reach on her.

You trained hard for a whole year — how did it feel to have that dedication pay off with the Champion of Champions win?

I was always hopeful that I could go that far, but it was a

FIGHT LIFE WITH KAHLIA SMITH

big surprise that I got there in the end. It makes it all worth it, and kind of makes it worth it for everyone in my support team who had to deal with me throughout the year. With it being a big emotional and physical challenge to get to that point, it's nice to have it pay off so well.

What tips would you give for new competitors coming into the NAS circuit?

It's not so much about winning; you don't have to put that sort of pressure on yourself, particularly if you are new to the event, or if you are coming back after a while out.

I wouldn't put the pressure on yourself that a lot of people do. Go out there and aim to learn from the people that are there, because a lot of them have been there for ages and they are well experienced. Look at it as more of a learning experience instead of going out there for the win —



Smith trades blows with the 2013 Champion of Champions, Nicki Kennedy

if [a win] happens, then it's a nice side effect.

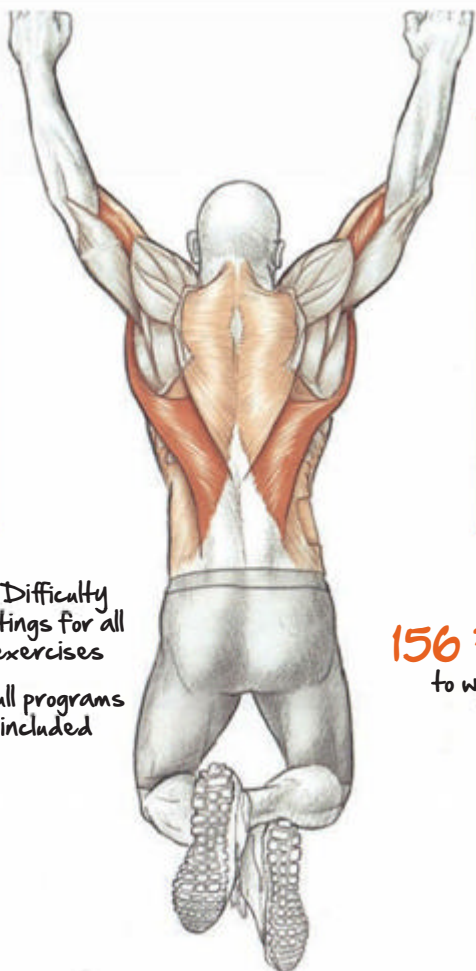
What do you hope to achieve in martial arts in the future?

Obviously I'm going to try and defend the title and see if I can go two years in a row. I'm definitely looking at bigger and better for 2015, so it's already back to the drawing board to work on the few things I know need to be worked on and see what I can come up with this year.

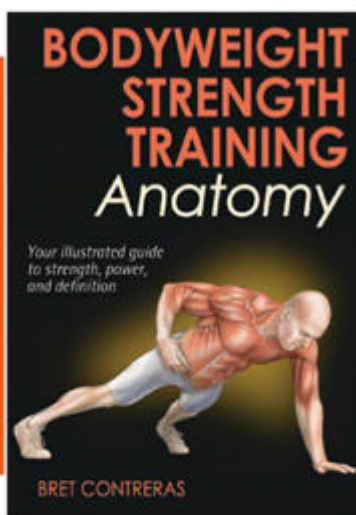
Is there anyone you'd like to thank for helping you achieve this victory?

Yes, I'd like to thank my support team — my family, my partner and everyone at the dojo — for putting up with me throughout the year when I'm having emotional and physical stresses. You definitely need a good support team and they have been there for me, and I'm sure they will be there for me for 2015. ■

DAVID PALFREMAN



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April 19th	June 21st	August 16th

VENUE: Carrara Indoor Sports Stadium, Gold Coast

QLD STATE TITLES: 18th October

CHAMPIONSHIP: 5th & 6th December

STATE DIRECTOR CONTACT:

James Casey 0402 695 717

VICTORIA:

ROUND 1:	ROUND 2:
May 3rd	August 2nd

VENUE: Darebin YMCA Community Sports Stadium, Reservoir

VIC STATE TITLE: October 4th

NEW SOUTH WALES:

ROUND 1:	ROUND 2:
March 29th	May 17th
ROUND 3:	ROUND 4:
June 21st	August 23rd

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South Oz to Host First UFC

With cage fighting a no-go in Melbourne prior to its legalisation last month, UFC chose to up the pressure with a Fight Night in South Australia featuring Aussie megastar Mark Hunt.

The UFC will make its first visit to South Australia's capital when Adelaide hosts UFC Fight Night: Miocic vs Hunt at the Adelaide Entertainment Centre on Sunday 10 May.

A five-round main event will feature Australia's top-ranked UFC knockout artist Mark 'Super Samoan' Hunt, who meets speedy striker Stipe Miocic in a bout with huge implications for the heavyweight division.

The event will be the first UFC card held in Australia during 2015, with a massive second show now set for Melbourne in November.

The last time Hunt was the main event in Australia, he put on one of the greatest heavyweight fights in UFC history with Antonio 'Bigfoot' Silva, ending in a well-deserved draw.

Both Hunt and Miocic will be eager for the win as they come into the contest on the back of defeats. After a devastating knockout win over Roy Nelson back in September, Hunt stepped up on late notice to challenge Fabricio Werdum for the interim heavyweight title (as the title hangs in the balance while champ Cain Velasquez recovers from injury). After a strong outing, Hunt was caught by a knee that finished the contest midway through the second round.

Miocic is a former Golden Gloves boxing champion and is well versed both on the feet and on the ground. The 32-year-old is coming off a loss to former champ Junior Dos Santos back in December, a

Mark Hunt fires on Fabricio Werdum at UFC 180



JOSH HEDGES/ZUFFA LLC VIA GETTY IMAGES

fight that was awarded Fight of the Night honours. Prior to that, Miocic had defeated the likes of Fabio Maldonado, Gabriel Gonzaga and Roy Nelson.

The UFC's last event in Australia was on 8 November 2014, where middleweight Luke Rockhold submitted British fighter Michael Bisping in the main event.

The UFC has also confirmed further match-ups for the South Australian card:

Coming off a Fight of the Night performance and successful middleweight debut, *The Ultimate Fighter: The Smashes* winner Robert Whittaker, who is fighting out of Sydney, steps up against 15th-ranked Brad Tavares from the US as the co-main event.

Aussie UFC veteran and Brazilian jiu-jitsu specialist

Anthony 'The Hippo' Perosh meets power puncher Sean 'The Real OC' O'Connell from the US in a light-heavyweight tilt.

Two undefeated lightweights will put their unblemished records on the line with Australian rising star Jake 'The Celtic Kid' Matthews paired against bruising boxer James 'The Executioner' Vick from Texas.

Our own 15th-ranked women's strawweight, 'Rowdy' Bec Rawlings, faces Seohee Ham from Korea, while New Zealand native Dylan 'The Villain' Andrews takes on British brawler Bradley 'Bear' Scott at middleweight.

Strawweight Aussie Alex 'Astro Girl' Chambers from Sydney's VT1 gym will meet hot Hawaiian prospect Kailin

Sydney's Anthony Perosh



FIGHT NEWS WITH JARRAH LOH



Melbourne boy Jake Matthews



UFC commentator Joe Rogan



'John' Wayne Parr



Dan Kelly overwhelms Patrick Walsh at UFC Fight Night 60

JOSH HEDGES/ZUFFA LLC VIA GETTY IMAGES

The last time Hunt was the main event in Australia, he put on one of the greatest heavyweight fights in UFC history with Antonio 'Bigfoot' Silva, ending in a well-deserved draw.

Curran, and *The Ultimate Fighter Nations: Canada vs Australia* teammates Brendan 'Badger' O'Reilly and Vik 'The Spartan' Grujic will face off in a welterweight war on home soil.

New Zealand lightweight Daniel Hooker is also scheduled to fight on the card, where he is set to face Japanese veteran Hatsu Hioki. It will be the third fight in the UFC for Hooker. The Strikeforce Auckland-trained fighter is coming off a September decision loss to Maximo Blanco, although he

made a successful debut in the UFC back in June last year where he stopped Ian Entwistle with devastating elbows in the first round.

In more good UFC news for Aussies, four-time Australian Olympic judo representative Daniel Kelly kept his undefeated MMA record intact with a unanimous decision over Patrick Walsh at UFC Fight Night 60. Making his second appearance inside the UFC's Octagon, Kelly got the nod from all three judges in a main-card bout that was booed by the crowd in attendance at the 1stBank Center in Broomfield,

Colorado. The event was headlined by a welterweight clash between former UFC lightweight champion Benson Henderson and local favourite Brandon Thatch.

Walsh pressed the action early as Kelly took a while to find his striking range. When he did, the punches came while countering. A late takedown from Walsh arguably may have stolen the first round for him. Both fighters landed some heavy shots in the second and third rounds, with Kelly in particular finding the mark with his uppercut in the exchanges. Neither fighter though came close to finishing their opponent.

In taking the win by unanimous decision, Kelly also took his record to 9-0.

In the main event, former UFC lightweight champion Benson Henderson upset and stopped the impressive run of local fighter Brandon Thatch with a fourth-round submission victory. Henderson was taking the fight only three weeks after losing a decision to Donald 'Cowboy' Cerrone.

According to *MMA Kanvas*, Aussie world champion muay Thai fighter 'John' Wayne Parr recently got his wish to trade blow-for-blow with UFC colour commentator Joe Rogan.

While chatting with *MMA Kanvas* last week, the 10-time muay Thai world champion explained that it would be a "bucket list" opportunity to train with Rogan, who is a Black-belt in BJJ under Eddie Bravo and also a former taekwondo competitor.

The Queensland-based power striker was in the California area to chat with Rogan on his award-winning podcast, *The Joe Rogan Experience*, but they also got their chance to playfully train in his personal gym.

"Such a cool day," Parr said afterward. "Got to have a session with Joe at his private gym at his house," he said via Twitter.

Rogan and Parr also sat down for a near-three-hour podcast together, with the accomplished striker telling Rogan tales from his times fighting and training abroad.

Recognised as perhaps the most decorated and successful Australian combat athlete in history, Parr recounts fighting in front of over 100,000 fans in Thailand (and being the only Westerner to reign victorious), being shunned by uninterested media in Australia and chasing retired UFC champion Georges St-Pierre around the cage during sparring. ■

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Insights into the Jeet Kune Do journey — the 'way of no way' — with senior instructor and philosopher Ricardo Vargas

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The Problem with Forms

Forms, or kata, were originally designed as textbooks of practical pugilistic skill, but something changed. Can kata be made useful again?

Leader of The Way

An exclusive interview with Aiki Kai's *Doshu* (Way Leader) Moriteru Ueshiba, the grandson of aikido's founder

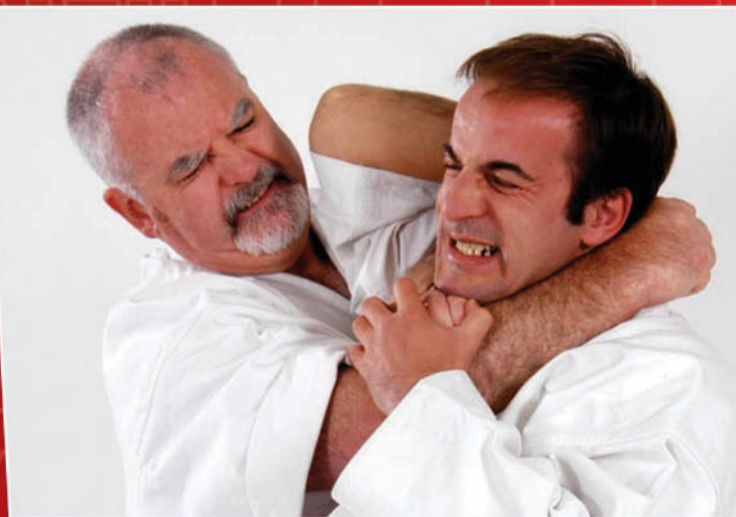
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Blurred Lines

Before firing off 'punches in bunches' in a self-defence situation, be mindful that your chosen response could be witnessed and fired back at you in court.

It is well known that you can claim self-defence in court if you are charged with a range of offences including common assault, affray, serious assault and murder. However, there are rules and standards that you must adhere to in order for a court to consider self-defence.

There are two basic concepts that a court will look at:

Firstly, was your behaviour or response to the attack necessary? In other words, did you believe that you were in real danger of being hurt, injured or worse? This belief must be grounded in reality, so you can't use force against a person just because you think that they 'might' attack you.

The evidence you could rely upon for this leg of the defence would include any words spoken or threats made by the other person, or the physical behaviour of the other person.

Obviously if a person attacks you with no warning

or provocation, this will not be relevant, as you may find that you are physically defending yourself before you've had time to consider the circumstances. But as we know, many physical altercations start with a verbal exchange or other interaction where the combatants push out their chests to show who is the bigger man. My advice in this circumstance is that you don't engage unless you have to. Move away.

The second question of this defence is whether your response was reasonable in the circumstances as you perceived them. This includes the use of reasonable force in the circumstances that will be judged by what a reasonable (i.e. average) person would do in the circumstances.

When can't you claim self-defence? Firstly, if you start the altercation — say, with verbal threats prior to the situation turning physical — you will not

be able to claim self-defence.

Even when things have turned for the worst (as they often do) and you find yourself in a position where you are now defending yourself, you cannot claim self-defence.

Secondly, when you have gone beyond what is considered reasonable or the use of reasonable force.

The question to consider is what is considered reasonable and reasonable force. I won't go into legal jargon but, put simply, reasonable force is the force/s necessary to stop the attack or threat and no more than that. However, the line becomes blurred in the reality of the street — when does the attack that you are defending yourself against stop?

The answer is, when an attacker is unable or unwilling to continue their attack. For example, if someone throws punches at you, you defend yourself and strike them back and, as a result, they fall to the floor. In an MMA bout, you would continue your counter attack until the round is stopped or the opponent taps out, but in the street, that type of follow-up could be considered an assault.

Courts could consider (and have done) the first punch and counter attack as one incident and the follow-up as a second incident, where you could claim self-defence for the first instance but not the second. The same goes for kicking someone who is on the ground.

Obviously, if the attacker gets up and is intent on continuing attacking, you may have to continue to engage until the attacker is rendered unable or unwilling to continue — but once the threat no longer exists, any action against the attacker will not be considered self-defence.

Obviously the actual amount of force used will be dependent on a number of circumstances including the sex of the attacker and victim, size, weight, height differences, location (i.e. whether you can get away), time of day, the presence of weapons, multiple attackers, etc. Regardless of the situation, your response must be deemed to be reasonable in the circumstances.

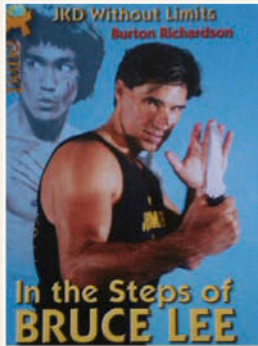
As always, if you find yourself in a situation where you have defended yourself and the other person has been hurt, injured or worse, take the advice from previous articles in regard to any interactions with police after the incident. But remember: Almost everyone has a camera phone, almost everything is recorded, and it will be hard to claim self-defence if the video shows otherwise.

Disclaimer: This is general information only; it does not replace advice from a qualified solicitor. Should you require legal advice, seek it from a suitably qualified and experienced legal practitioner in your state or territory. ■

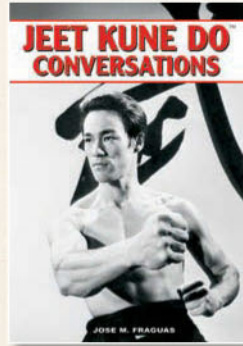


Phil O'Brien teaches reality-based self-defence in Western Sydney and has been studying the physical and psychological elements of self-defence for 25 years. A former NSW police officer, O'Brien is now a solicitor with Sydney firm Teddington Legal. He can be contacted via www.teddingtonlegal.com.au

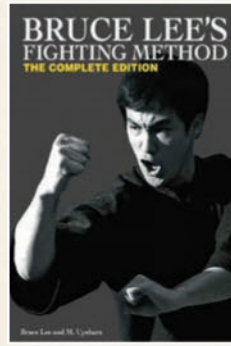
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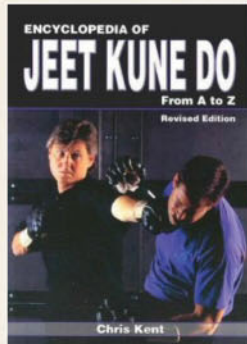
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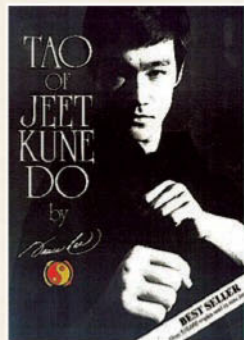
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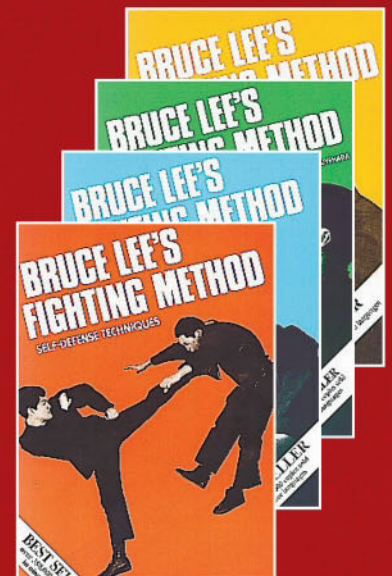
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A Bad Night Out

There are really no 'winners' when it comes to real-world violence.

It was simply meant to be a Saturday night out at the local hotel, socialising with family members who had come over from interstate for a family event. As the night wore on, the group separated a little between the front bar and the lounge. My student was in the front bar area with one of his close relatives when he was approached by a female who was probably in her forties.

She made a comment about wanting the stool that my student had been resting his glass of beer on and he said she could have it. But then she broke into a string of derogatory comments about his manhood, his ethnic background and about him in general. My student and his relative did a double take. WTF? He'd offered up the stool and there had been no other words exchanged to warrant the tirade. She then shoved my student, who reflexively pushed back with equal force. Then the 'boyfriend' got involved. Again, someone in the late-age bracket you would think would know better. Apparently not.

He aggressively grabbed my student by the shirt to lead into a punching attack but my student got in first with his own punches. It is interesting that he said he stopped because he felt sorry for the guy, who was coming off second best — but with some fight left in him, the aggressor took that opportunity to strike back and land a couple of blows of his own. It was at that point that hotel security arrived and ejected them all.

The police arrived a

little while later. They took statements — no doubt showing wildly conflicting views of events — viewed the CCTV footage and, despite the 'boyfriend' being covered in his own blood, they left. While seemingly coming to nothing, the incident was unsettling for a variety of reasons and my student approached me the week after to discuss the turn of events and whether he should have done anything differently.

It's easy to offer wise commentary after the fact and when emotionally divorced from the situation. Instead I focus on what I regard as the more important components: tactics, tactical objectives and states of mind, not who did what to whom and how it could have been done better. That's of some value, but far less relevant and important because if there is a next time, the circumstances (and hence any techniques used) will be completely different. But if you sharpen the tactical thinking process, there is more value to be gained for any next time.

Besides, it was obvious that my student was really seeking emotional solace after that disturbing event — deal with the emotion first, then move on to the technical aspects. So we did.

My key point was to reiterate an unfortunate truth. There are no winners in confrontations such as this, so don't skew any post-event analysis by seeking to assign those tags to anyone. Don't get drawn in by the combat sports mindset of 'winners' and 'losers', which is easy



Does your self-defence strategy account for the presence of women... as aggressors?

to do. It doesn't apply on the street.

That perspective was particularly relevant here as the instigator was a middle-aged woman. So what was my student to do in order to win? Punch her out? Execute a latch and arm drag to get to a rear position and choke her out? Better, double-leg takedown to knee ride and then flop onto the floor and apply an arm bar? That would have been a good look against a woman, and I'm sure the boyfriend would have stood back passively to admire the technique, as would the others in the background who my student suspected were accompanying these two shining lights of human civilisation.

No, the advice had to be tactical positioning, with a

tactical objective of exiting the scene as quickly and safely as possible. Don't look for the 'winning' move, look for the 'smart' move. And that definitely applies here against a female pushing 50 years old. As hard as it may be to accept, this is the reality of everyday violence that I focus on training my students for.

And in that context, I've heard that some of my compatriots, also with Israeli connections but with a fraction of my experience, are making capital out of the unfortunate events that took place in Sydney at the Lindt Café. And apparently they are pulling the students in. And here I am worrying about the low-end stuff and the emotional state of my students. How dumb am I? ■

Graham Kuerschner is a 49-year veteran of the martial arts and can be contacted through his website www.sdtactics.com.au

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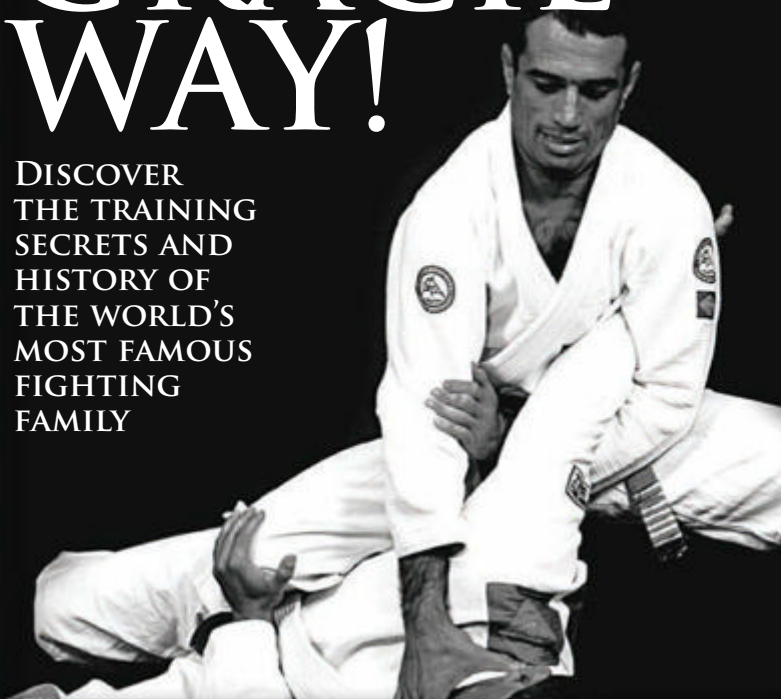
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Brazilian Jiu Jitsu: Theory and Technique

By Renzo Gracie and Royler Gracie with Kid Peligro

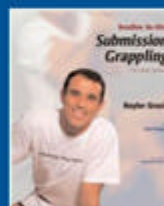
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Brazilian Jiu Jitsu: Submission Grappling Techniques

By Royler Gracie with Kid Peligro

The 145-pound Royler Gracie has won three consecutive ADCC titles and four world titles, along with victories in Pride, Vale Tudo, 21st Century Warriors, and many more. Here, he spills his secrets for the first time, showing 102 positions designed specifically for the slippery, fast-paced, unpredictable world of no-gi grappling. It offers Royler's tips on successful combination moves, garnered from his more than 300 professional fights, as well as advice on training routines, mental stamina, and avoiding injuries.



Mastering Jujitsu

By Renzo Gracie

Renzo Gracie — instructor of elite fighters and champion of many grappling and MMA events — will help you progress from isolated skill-development to a full set of tactics and fight plans, and introduce you to the concept of combat phases, teaching you to attack from any phase. You will learn how to react to your opponent in any situation. Whether you're caught in a bottom position or attacking from the top, in the clinch, Gracie reveals the key strategies designed to give you the upper hand and drills to learn them.

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Barking Orders

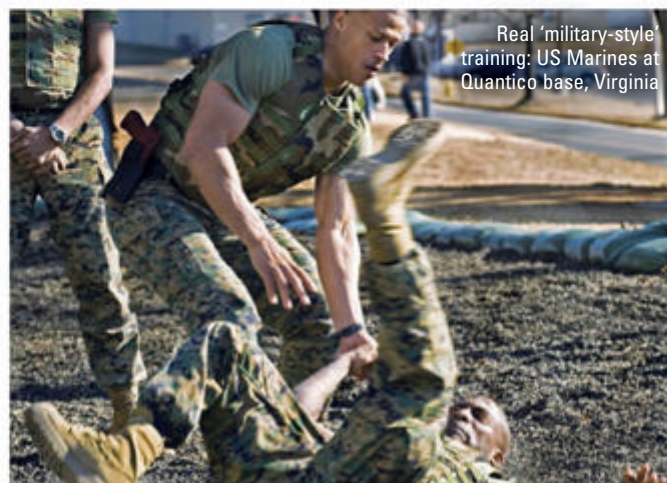
There has been a trend in some martial arts schools and even in fitness 'bootcamps' and the like to mimic military-style training — but does it work?

Firstly, let's define what 'military-style' instruction actually is. If you have never served in the armed forces or a paramilitary organisation that enforces rank and discipline, your perception of it is likely based on what you have seen in the movies: a drill instructor screaming orders into some young lad's face. This is not truly accurate of the military or its training methods, though, as it only represents a very small period of time during a person's induction into the defence force. I personally had an army instructor in my face only once during my regular army service and that was within a day or two of getting off the bus for recruit training. Then we have Special Forces selection, which came with a lot of yelling at times, and with no verbal feedback whatsoever at others.

Basically, this style of instruction is part of an induction or selection process and does not represent the day-to-day goings-on in the military and especially not in the Australian Defence Force.

So is there a place for this behaviour in civilian martial arts? My answer would be no, not in a regular martial art class and definitely not around children. This style of training must have clear objectives and boundaries, and must only be used by experienced instructors who are themselves supervised by very experienced mentors. You must also have a 'captive audience', such as on a course or training camp. You must never 'break 'em down' if you don't have the time and ability to 'build 'em up' again.

Military-style training in civilian martial arts is — or should be — more about enforced discipline within a group rather than yelling in someone's face, and it varies greatly around the world. Most of my martial art experience is with the Japanese arts, and even in Japan, the way styles and schools go about discipline varies not only from art to art but also from style to style, and between schools and regions. For example, there is an obvious instructional difference between Okinawan karate and Japanese karate — generally speaking, instruction in Okinawa is much more relaxed than in mainland Japan. Even the mainland Japan art of aikido varies in how discipline is enforced from style to style; for example, aikido schools such as the Aiki Kai will not use the term *osu*, whereas the Yoshinkan style will. Also, the age of the martial art plays a huge part in the style of discipline. The Japanese martial arts in which I hold a Black-belt were created over the last three centuries and are considered modern. I have also studied one of the oldest remaining Japanese martial arts (600 years), Yagyu Shinkage-Ryu Heiho *kenjutsu* (swordfighting). My instructor, Hunter Armstrong, who is a very senior member of the tradition, famous martial arts historian and former student of the great Donn Draeger, told me after I had replied to a direction with a loud '*Osui!*' that we don't use that term in this tradition. He went on to explain that the Yagyu Shinkage-Ryu was taught only to samurai and, as you were born into a samurai



Real 'military-style' training: US Marines at Quantico base, Virginia

PAUL J. RICHARDS/AFP/GETTY IMAGES

family, your discipline had been established from a very young age, with training beginning around the age of four. *Osu* is for civilian martial arts preparing civilians for martial endeavours.

I found this statement to be very interesting in a couple of ways. Originally, I thought of Yagyu Shinkage-Ryu as a civilian martial art; however, the tradition had not transformed during the 20th century into a form of self-improvement, so, for example, the term *uke* (receiver of the technique) is not used and one's training partner is instead still referred to as the 'enemy'.

Take BJJ in Australia as an excellent example of a change of approach within a discipline that happened very quickly. When I began BJJ training in the mid 1990s, MMA did not exist and cage fighting was referred

to as 'no holds barred'. Most of the people training were fighters from other styles who had seen the first UFC and realised they needed to learn how to grapple. Back then, my instructor told me that we don't bow, we don't use titles and we don't say *osu*. This approach worked, as the classes mostly had serious fighters and the training approach was more about street effectiveness and *vale tudo* (anything goes). Today, the masses have come to BJJ but the masses are not fighters, they are everyday people wanting to learn some grappling skills, and very few of them will ever take up MMA. Classes big in numbers require command and control for the safety of all involved, so many BJJ schools have brought back the *osu/oss*, bowing and the titles.

As the new becomes the old, the old becomes the new. ■

Sgt (retired) Paul Cale has fought in Afghanistan and until mid-2013 managed the Integrated Combat Centre at 2nd Commando Regiment, where he was in charge of developing CQC for Australian Special Forces. He now leads the combat sports program at the Australian Institute of Sport and runs Cale Integrated Combat (www.facebook.com/caleintegratedcombat)

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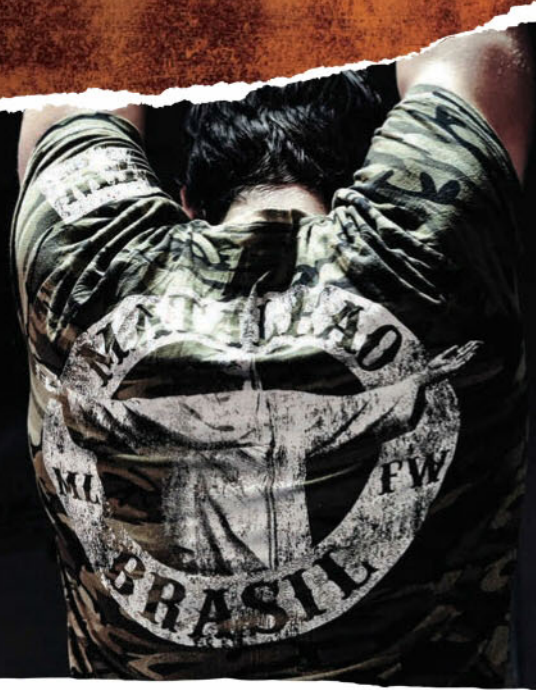
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THE LAST WORD WITH JOHN B WILL



Ripple Effects

When we are 'on mission' — that is, moving with purpose toward a goal — there are many, many side effects, the importance of which may seem almost immeasurable.

The great investor Warren Buffet probably doesn't give much of a hoot about the silos of money he has on hand to spend if he chose to do so — that money is almost certainly just a side effect of him doing what he loves to do: playing the investment game. The playing is what gets him up in the morning, not the money. It's easy to misunderstand what is going on here, and to point derisively at Buffet and ask why an 84-year-old guy worth \$72 billion is obsessed with making even more money. But that would be like asking a bee why it is obsessed with cross-pollinating flowers. The bee, if it could speak, would probably ask, 'What flowers? And what is this cross-pollination thing you speak of?' The pollination is simply a side effect of the bee doing what it does naturally.

As students of the martial arts, we are driven to practise, train and test ourselves; but in doing so, we leave a trail of effects that ultimately may change our lives much more than we realise. To get better performance from our bodies, we restructure our diet, our social lives, and even our thinking. This, in turn, changes many things about how our lives will unfold. Our choices not only determine our path but they affect other people's lives along the way.

We martial arts teachers also cause huge effects in the world; the choices we make affect not only our own lives but the lives of hundreds or even thousands of others. This is why I live and act deliberately and 'mindfully'; through my actions, words and choices, I impact (both

knowingly and unknowingly) on many other people's lives, and that demands my attention! I know many other instructors who are also mindful of this; mindful of their 'responsibilities' and are constantly striving to build positive and intelligent cultures in their schools.

In the end, it doesn't matter how many trophies an instructor has up on his wall; it doesn't even matter (as much as he might think it does) how well he can fight/compete, etc. What really matters is how his life unfolds as a result of his actions and choices; and perhaps even more importantly, how the lives of his students unfold as a result of his influence. It is how he influences the lives of his students that will eventually earn him the respect of his peers, family and wider community or consign him to a life soon forgotten or ignored by the world at large.

Martial arts practice is supposed to improve our lives and the lives of those we connect with. Simple. It is worthwhile remembering that self-defence has many faces. There's the obvious aspect of needing to be able to defend yourself from physical violence but there are also many other aspects to defending ourselves that we should not ignore. We will all come across people in our lives who are overtly trying to do us harm and this may be stressful or dangerous but at least we are fully aware of their intentions. A much more dangerous threat are those who seek to harm us in covert ways. These kinds of people may smile to our faces but undermine us when we are not



Billionaire investor and philanthropist Warren Buffet

PAUL MORIGI/GETTY IMAGES FOR FORTUNE

looking, often in ways that leave little or no evidence. It's difficult to defend ourselves from such attacks because we are often ignorant of their existence. This sort of thing is rampant in the schoolyard but also exists in business, in the shape of Machiavellian power plays and 'positioning'; it happens on the mat in schools with bad culture. Whenever I see a hint of it, I shut it down. I invite others to do the same. Physical attacks may be dangerous but at least they are obvious; the covert ones, which litter our path through life with obstacles and emotional upheaval, take skill and experience to recognise, and emotional maturity to parry or deflect. Building a robust emotional immune system is an important part of self-defence; it is an important skill for living successfully and happily. Instructors and students alike should be aware of these things;

there is the physical aspect of what we do, but there's the non-physical as well. Our actions and words have effects in the world!

A sense of purpose is a wonderful thing to have. It is the fuel that drives us forward, but to what end and at what cost? One way to answer these questions is to look for the 'effects' of what we do; what is happening in our own lives and in the lives of people we connect with as a result of our actions? By those effects, we can better judge how we are travelling — and there is little doubt that by these same effects, we will be judged by others.

Purpose-driven living has ramifications...but let's not confuse the effects of purpose-driven living with the power of pursuit from which they flow. The falling stone is one thing — but the ripples on the pond are something else entirely. ■

John B Will is head of BJJ Australia and teaches Brazilian jiu-jitsu, shootfighting and self-defence solutions around the world. Check out his regular blog at www.bjj-australia.blogspot.com.au

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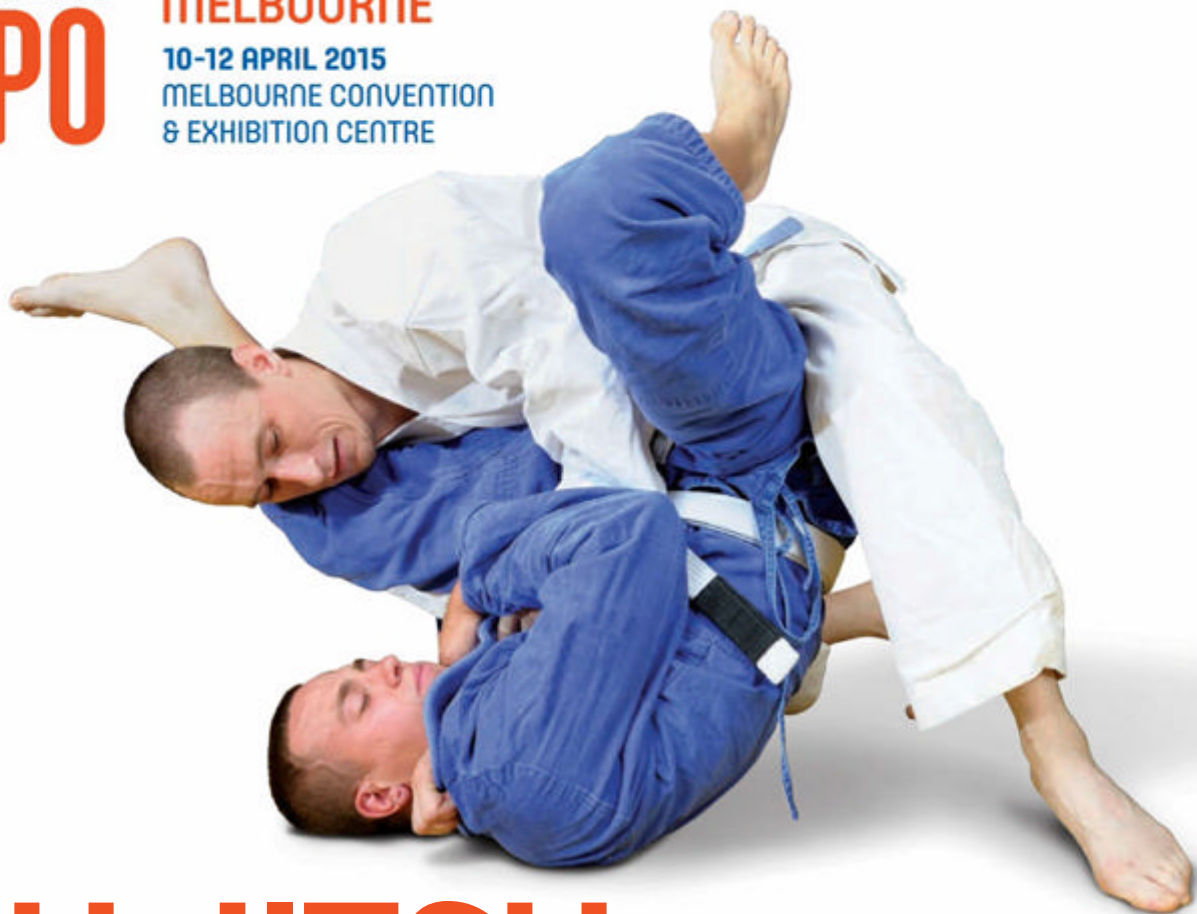
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